Kate Fletcher

Cognitive Behavioural Psychotherapist

BSc, MSc

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PERSONAL PROFILE

I am a dedicated and compassionate Cognitive Behavioural Psychotherapist with substantial experience working with children and young people within CAMHS services. I am skilled in delivering evidence-based interventions for a wide range of emotional and behavioural difficulties, including anxiety disorders, depression, trauma, and self-harm. I am trained in Eye Movement desensitization and Reprocessing (EMDR), Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), and Compassion Focused Therapy (CFT), which enables me to adopt a flexible and integrative therapeutic approach tailored to individual needs.

I have developed particular expertise in the use of EMDR with children and adolescents who have experienced trauma, including those presenting with single incident and complex post-traumatic stress disorder. I am skilled in adapting EMDR protocols to meet developmental needs, ensuring that interventions are delivered safely, sensitively, and effectively. My work in this area has focused on supporting young people to process traumatic experiences, reduce distressing symptoms, and build resilience in order to promote long-term recovery and wellbeing.

In addition to my clinical practice, I have experience providing clinical CBT supervision to colleagues, supporting skill development and the implementation of best practice across teams. I have also designed and facilitated CBT-based group interventions for young people and developed and delivered training packages for staff within NHS trusts to strengthen service delivery and therapeutic competence.

I pride myself on my ability to establish strong therapeutic relationships, undertake comprehensive risk assessments, and work collaboratively within multidisciplinary teams to ensure safe and effective treatment. I remain committed to ongoing professional development and to delivering high-quality, person-centred care that fosters recovery, resilience, and improved mental health outcomes for children and young people.

EMPLOYMENT

Cognitive Behavioural Psychotherapist
Associate, Rowley Clinical Neuropsychology Services Ltd (September 2025 – present)
Specialist Cognitive Behaviour Psychotherapist
Navigo, Children & Adolescent Mental Health Services (CAMHS) (April 2023 – present)
Cognitive Behaviour Psychotherapist- Clinical Supervisor
Associate Development Solutions Ltd (August 2024 – present)
Children & Young People's Psychological Wellbeing Practitioner
NHS Lincolnshire Partnership Foundation Trust (LPFT) (May 2018 – May 2019)
Young People's Wellbeing Practitioner
Barnardo's (May 2017 – May 2018)
Contact Supervisor for Looked After Children
Hull City Council (May 2016 – May 2017)

EDUCATION

Postgraduate Diploma in Evidence Based Psychological Approaches for Children & Young People, Derby University, January 2022 – January 2023

Postgraduate Diploma in Children & Young People's Psychological Wellbeing, Northampton University, May 2018 – May 2019

MSc Clinical Applications of Psychology, University of Hull, September 2015 – September 2016

BSc Psychology, University of Hull, September 2012 – September 2015

PROFESSIONAL REGISTRATIONS

Cognitive Behavioural Therapist of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) registered (Registration number 00001015404)

FURTHER TRAINING

Eye Movement Desensitisation & Reprocessing
Dialectical Behaviour Therapy
Compassion Focused Therapy
Solihull Parenting Training
Safeguarding Adults & Children
Paediatric Life Support
Data Protection and Information Governance

REFERENCES

References can be supplied on request.