Katie Hendrick, Practitioner Psychologist
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Biography:

I am a HCPC Practitioner Psychologist, with 28 year's experience, working with clients from diverse backgrounds and within different organisations. Since 2019, I have established a private practice working in both Edinburgh and Glasgow offering short and long term therapeutic interventions for individuals.

Previously, I have been employed as the sole, full time Student Counsellor from 2004 (14 years)-2018 in Ireland. This is a specialist role. During this period of employment, I have gained invaluable experience from my contact with students and their mental health presentations, and also with the organization and the local mental health community. From the annual quality assurance measures that are conducted (Student Counselling Service Annual Reports); all feedback for the service has been consistently high in terms of meeting the needs of the students and the organization

My elected roles include: Non Academic Staff Representative on the Governing Body (2006-2009); Equality Officer (2010-2011) for academic staff in the Teachers Union of Ireland (TUI) and IAUCC Executive (2014).

The Student Counsellor role, in the Institute of Technology sector, predominantly now recruits practitioners from Clinical, Counselling or Educational psychology. I trained as a Counselling Psychologist at Trinity College Dublin which is recognized as a Centre of excellence. I am on the 'live' register as a Chartered Counselling Psychologist with the Psychological Society of Ireland, with Registration Certificates issued annually. The registration processes requires evidence, submitted in 3 year cycles, of continuous professional development. My training involves responses to complex trauma, critical incidents (basic and advanced), mindfulness and a range of psychological presentations. I am a current member of the Division of Counselling Psychology, PSI and a member of the British Association of Counselling and Psychotherapy (BACP).

I was also a member of the Psychological Counsellors Higher Education Ireland (PCHEI) which is a professional organization that guides 'best practice' and facilitates a professional network for psychologists, psychotherapists and counsellors with approximately 70 members. I have represented PCHEI nationally in conversations with the Health Service Executive (HSE) and Union of Students of Ireland (USI) in the context of alcohol policy. I was also the national representative for the PCHEI for the Free (depression) pack in relation to the HSE and USI. In 2014, the IAUCC (now PCHEI) Executive nominated my role to represent PCHEI (elected June 2014) in the development of a partnership with www.reachout.com/college and the provision of high quality mental health resources, inclusive of animations, for third level students and ongoing research activity (recommended by HUCS, 2014) with the further formation of an Editorial Team with formal published guidelines.

I was invited to train with the local mental health service in Dialectical Behavioural Therapy & a member of the external consultation group, as required, with the Cluain Mhuire mental health team. My current professional training, building on previous trauma work, involves the Comprehensive Resource Model (https://comprehensiveresourcemodel.com/), which incorporates a neurobiological basis of interventions resourcing clients to attend to traumatic experiences. My work has led me to be involved in a range of settings within education that included the role to mediator for the Pro Youth Portal targeting eating concerns in third level students. My experience to date has involved: Lecturing, working in psychiatry and consultancy, combined with providing Employee wellbeing services. Prior to

my training in psychology, I trained as a Registered General Nurse, at St Thomas's Hospital London which is recognized as a Centre of excellence and where I received my nursing award from a member of the Royal Family.

Key Highlights

Formation of Editorial team in 2014 with formal published guidelines. Retrieved on 9th August 2016 from http://ie.reachout.com/wp-content/uploads/2014/11/Guidelines_IAUCC_RO.pdf

Conference Presentation: Confederation of Student Services in Ireland, with ReachOut colleagues, on 19th June 2015: Paper 2 Reaching out in College: Mental Health Information and Support for third level students.

Poster Presentation at IADT (www.iadt.ie) Teaching & Learning Showcase June 2015 & Irish Association of University and College Counsellors (www.iaucc.ie) Conference June 2015.

Formal research publication of 'Reaching Out in College' was launched by ReachOut/Iaucc/HSE/USI in November 2015 by the HSE.

Karwig G, Chambers D & Murphy F (2015). Reaching Out in College: Help-Seeking at Third Level in Ireland, ReachOut Ireland.

Retrieved on July 27th 2016 from http://ie.reachout.com/wp-content/uploads/2015/11/research-report-final-lo-res.pdf

ESB funding was successfully received in 2015 by Reachout/IAUCC for the commissioning of animations from IADT 3rd year students and this work is currently hosted within the dedicated website www.reachout.com/college.

Member of the Judging Panel for Technology and Wellbeing Best Presentation (Research) at

ReachOut Conference Sept 14th 2016.

Bespoke mental health animations submitted for 'electric picnic' psychological PSI event 2017.

National Digital Skills Week Presentation: Reachout/PCHEI/ESB commission of IADT animations

Private Practice in Scotland 2019.
Registration with the Health Care Professions Council, ICO and HMRC.
Further training in Athens, Greece and Glasgow with Comprehensive resource model and core self (Lisa Schwartz and Dr Frank Corrigan).
Deep Brain Re-orienting, Dr Frank Corrigan, Glasgow May 2019.
Child Protection online training renewed April and NHS Lothian training in June 2019.
Private insurance confirmed with Howdens and an application to PVG scheme with Disclosure Scotland approved for private work in 2019.
Business Training with Gateway Edinburgh and Digital Training, Google Garage.
CORE training refresher for assessments.
Dissociation on-line training, Carolyn Spring 2019.
Data Protection on line training, ICO, 2019
Specialist monthly groups (CRM and DBR) and individual clinical supervision, via Psychiatrists and specialist supervisors.Ongoing. Peer supervision two weekly.
Commencement of post graduate diploma with the University of Derby 2018-2021.
Specialist Consultant by arrangement.
Dealing with Distress, working with suicide and self-harm, Carolyn Spring 2020
Membership of monthly training with Deep brain reorienting and the Alexander technique, Sept 2020
Attendance of PSI Annual Conference, November 2020.
Deep Brain Reorienting Training Dr Frank Corrigan, Co Facilitation, Glasgow March 2021

Advanced Deep Brain Reorienting Training/Attachment Shock Dr Frank Corrigan, Co Facilitation April 2021
Deep Brain Reorienting, Dr Frank Corrigan, Co Facilitation, TTIS June 26 2021
Booked: Deep Brain Reorienting, Dr Frank Corrigan, Co Facilitation, Sussex Psychology Sept 2021
Member of monthly international CRM Generational Group, Facilitated by Lisa Schwartz, May 2021
Introduction to working relationally with dissociation, towards a dialectical self, Dr Gordon Barclay 23rd October 2021
Towards a Neurodevelopmentally, Trauma Responsive Ireland. Online Panel: Heart Centre/Law and Justice, 27th October 2021.
Conducting a Best Practice, Neurodiversity Affirmative, Adult Autism Assessment, (Hartman et al.,) PSI Annual Conference, Ireland November 10th 2021.

Volunteering:
Extensive range of volunteering in UK and Ireland in the areas of HIV/AIDS, homelessness, arts, social enterprise, supporting individuals with disabilities, fundraising initiatives. Since relocation to Edinburgh:
Elected Trustee for Shrub Co-operative, served 2019-20.
Clinical monthly meeting, Ukraine.
Canal Barge Crew, Peopleknowhow.org
Empty Kitchens, Full hearts.

January 2022
19/01/22 Violence against women: Changing the Discourse. Independent Premium Event Online: Panel Discussion.
March
8/3/22 Pro Bono Deep Brain Reorienting Training, Ukraine therapists, Dr Frank Corrigan , Dr Jessica Christie-Sands, Georgia Balagianni and Katie Hendrick supporting delivery/facilitation.
April
7/4/22 Pro Bono Co facilitation of group clinical supervision with Ukranian therapists, with Dr Frank Corrigan, Dr Jessica Christie-Sands, Georgia Balagianni and Katie Hendrick.
Cancelled: Deep Brain Reorienting, Day 1 Training Canada. Co facilitation with Dr Frank Corrigan.
May
4/05/22 Psychological First Aid-advice for services supporting people migrating due to war Confirmation, HSE/PSI Dublin.
5/5/22 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie- Sands, Georgia Balagianni & Katie Hendrick, Co facilitation of group supervision for Ukranian trauma therapists, DBR.
20/5/22 Violence and Psychosis; From theory to Treatment, Clinical Psychology, PSI Ireland.
28/05/22 Training Day: Deep Brain Reorienting/Alexander Technique, Dr Frank Corrigan and Martin Warner.
June
2/6/22 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie- Sands, Georgia Balagianni & Katie Hendrick, Co facilitation of group supervision for Ukranian trauma therapists, DBR.
7/6/22 Post Graduate Certifcate in Psychology, UDOL.
17/06/22 Deep Brain Reorienting Day 3 - Applications in Dissociative and other complex trauma disorders, Dr Frank Corrigan.
July
7/7/22 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie- Sands, Georgia Balagianni & Katie Hendrick, Co facilitation of group supervision for Ukranian trauma therapists, DBR.

August

11/8/22 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie-Sands, Martin Warner & Katie Hendrick, co faciliation of group supervision for Ukrainian trauma therapists, DBR and AT.

September

8/9/22 Pro Bono, Dr Frank Corrigan, Georgia Balagianni & Katie Hendrick, Co facilitation of group supervision for Ukranian trauma therapists, DBR.

#myhcpcstandards - Safeguarding, Wed, 21/9/2022 13:00–14:00

#myhcpcstandards - Standard of proficiency: Maintaining fitness to practice, Thu, 22/9/2022 09:30–10:30

#myhcpcstandards - Standard of proficiency: Technology and digital skills, Wed, 28/9/2022 13:00–14:00

NICABM's Advanced Master Program on the Treatment of Trauma. 228/9/22

October:

6/10/22 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie-Sands, Georgia Balagianni, Martin Warner & Katie Hendrick, Co facilitation of group supervision for Ukranian Trauma Therapists, DBR and AT.

November

3/11/22 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie-Sands, Georgia Balagianni & Katie Hendrick, Co facilitation of clinical group supervision for Ukranian Trauma Therapist, DBR & Attachment Reserved:

#myhcpcstandards - Supervision, Tue, 8/11/2022 13:00–14:30

December

1/12/22Pro Bono, Dr Frank Corrigan, Katie Hendrick. Martin Warner Co faciliation of DBR and Alexander Technique.

January 2023

12/01/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Chirstie-Sands, Georgia Balagianni & Katie Hendrick, DBR.

February

09/02/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie-Sands, Georgia Balagianni, Katie Hendrick (Transcriber) & Martin Warner Co facilitation of DBR and Alexander Technique.

16/2/23 Study/peer DBR supervision monthly group: Katie Hendrick, Douglas Sharpe, Hazel McMahon

March

9/3/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie-Sands, Georgia Balagianni and Katie Hendrick Co facilitation of DBR.

30/3/23 Peer Supervision with Hazel McMahon, DBR.

April

6/4/23 Pro Bono, Dr Frank Corrigan DBR Ukraine clinical meeting. Transcriber: K Hendrick

9/4/23 Profile Review, Chloe Gosiewski, Counselling Directory

19/4/23 SEO part 1, Business Gateway

22/4/23 Towards a Dialectical Self, Dr Gordon Barclay.

29/4/23 Presentation of DBR, private consultation.

May

11/5/23 Pro Bono, Dr Frank Corrigan, Georgia Balagianni. DBR Ukraine Clinical Meeting. Transcriber: K Hendrick

12/5/23 New Hope for Treatment Resistant Depression, Dr Janina Fisher

24/5/23, SEO Part 2, Page Optimisation and Technical Considerations, Digital Boost, Business Gateway

25/5/23, Blogging for Business, Digital Boost, Business Gateway

June

2/6/23 Clinical Supervision Group, Dr Frank Corrigan

8/6/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balagianna, Martin Warner. DBR Ukraine Clinical Meeting. Transcriber: K Hendrick

July

6/7/23 Pro Bono, Dr Frank Corrigan, Georgia Balagianna. DBR Ukraine Clinical Meeting. Transcriber: K Hendrick

24/7/23 Clinical Supervision Group, Dr Frank Corrigan (Monthly)

7/23 Individual Clinical Supervision, Dr Gordon Barclay (Monthly)

August

10/8/23 Peer DBR clinical review, H McMahon, K Hendrick

10/8/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balagianna, Martin Warner. DBR Ukraine Clinical Meeting. Transcriber: K Hendrick

September

1/9/23 Basic Disclosure renewal, Disclosure Scotland

7/9/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balagianna, DBR Ukraine Clinical Meeting. Transcriber: Katie Hendrick

12/9/23 Peer Clinical Supervision, Jaz Randall

14/9/23 Peer DBR clinical review, H McMahon

26/9/23 Clinical Supervision, Dr Gordon Barclay

29/9/23 DBR clinical group supervision, Dr Frank Corrigan

October

11/10/13 Peer DBR supervision/practice, Jaz Randall

12/10/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balagianna, Martin Warner. DBR Ukraine Clinical Meeting. Transcriber: K Hendrick

25/10/23 Clinical Supervision Dr Barclay

27/10/23 DBR clinical group supervision, Dr Frank Corrigan

25/10/23 Confirmed as Associate with The Life Academy, Edinburgh

November

9/11/23 Pro Bono, Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balagianna and Katie Hendrick for DBR Ukraine Clinical Meeting. Transcriber: K Hendrick

24/11/23 DBR clinical group supervision, Dr Frank Corrigan

December

7/12/23 Pro Bono Ukraine Clinical group, Dr Frank Corrigan, Dr Jessica Christie Sands. Georgia Balagianna, Martin Warner.

Transcriber: Katie Hendrick

14/12/23 Individual Clinical supervision, Dr Gordon Barclay

15/12/23 Peer Supervision, Hazel McMahon

January 24

18/01/24 Pro Bono, Ukraine Clinical Group. Dr Frank Corrigan, Dr Jessica Christie Sands. Transcriber K Hendrick DBR Complex trauma presentations and Dissociation.

19/01/24 DBR Clinical Group, Dr Frank Corrigan

25/01/24 Peer DBR supervision, Hazel McMahon

29 /01/24 Clinical Supervision, Dr Gordon Barclay

In process, Carolyn Spring monthly supervision group

February

2/2/24 First Aid Training, People Know How

8/2/24 Clinical Supervision, Dr Gordon Barclay

14/2/24 Accepted for Carolyn Spring monthly Supervision group “Trauma Recovery Community”

16/2/24 DBR Clinical Group Supervision, Dr Frank Corrigan

22/2/24 Pro Bono Ukraine Clinical Group DBR/AT Dr Frank Corrigan, Martin Warner, Dr Jessica Christie Sands, Georgia Balgianni Transcriber: Katie Hendrick

28/2/24 Clinical Supervision Dr Gordon Barclay

Reserved: Peer supervision Hazel McMahon

Reserved Peer supervision Jaz Randall.

March

7/3/24 Peer Supervision Jaz Randall

11/3/24 Member of Trauma Recovery Community, Carolyn Spring

18/3/24 Annual renewal of professional insurance, Howdens.

Reserved Peer Supervision Hazel McMahon

15/3/24 DBR Clinical Group Supervision, Dr Frank Corrigan

21/3/24 Pro Bono Ukraine Clinial Group DBR Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balgianni Transcriber: Katie Hendrick

April

4/4/24 Clinical Supervision, Dr Barclay

18/4/24 Pro Bono Ukraine Clinial Group DBR Dr Frank Corrigan, Martin Warner, Dr Jessica Christie Sands, Georgia Balgianni Transcriber: Katie Hendrick

19/4/24 Clinical Supervision, Dr Barclay

30/4/24 NICABM: How to identify and treat the invisible wounds of neglect. Trauma panel online.

May

16/5/24 Reserved Pro Bono Ukraine Clinical Group DBR Dr Frank Corrigan, Dr Jessica Christie Sands, Georgia Balgianni Transcriber: Katie Hendrick

17/5/24 DBR Clinical Group, Dr Frank Corrigan

Reserved Peer DBR supervision Hazel McMahon

Reserved Clinical Supervision, Dr Barclay

June

3rd & 4th June DBR clinical training, Ukraine, Dr Frank Corrigan, Dr Jess Christie Sands. Co facilitator, Katie Hendrick

Reserved 11th June Clinical Supervision, Dr Barclay

July

5/7/24 DBR Clinical Group, Dr Frank Corrigan.

//7/24 Clinical supervision, Dr Gordon Barclay

August

Cancelled 23/8/24 DBR Clinical Group, Dr Frank Corrigan

22/8/24Pro Bono Ukraine Clinical Group, DBR Dr Frank Corrigan, Georgia Balgianni, Transcriber Katie Hendrick

22/8/24 Reserved Peer Supervision Hazel McMahon

30/8/24 Clinical Supervision Dr Gordon Barclay

September

14/9/24 PCHEI Anniversary, DCU Dublin

17/9/24 Peer Supervision Hazel McMahon

24/9/24 Peer Supervision Hazel McMahon

25/9/24 Clinical Supervision Dr Gordon Barclay

26/9/24 Pro Bono Ukraine Clinical Group, DBR, Dr Frank Corrigan Transcriber: Katie Hendrick

30/9/24Pro Bono DBR Training Level 2 Ukraine, Dr Frank Corrigan, Dr Jessica Christie Sands, Katie Hendrick (practicums/transcriber).

October

1/10/24 Pro Bono DBR Training Level 2 Ukraine, Dr Frank Corrigan, Dr Jessica Christie Sands, Katie Hendrick (practicums/transcriber)

8/10/24 Peer DBR Supervision, Hazel McMahon

15/10/24 Peer DBR Supervision, Hazel McMahon

TBC 18/10/24 Reformed Peer DBR Supervision group: Dr Barclay, Georgia Balgianni, Ruth Slater, Douglas Sharpe, Katie Hendrick, Hazel McMahon - cancelled

17/10/25 Pro Bono Ukraine Clinical Group, DBR, Dr Frank Corrigan, Transcriber: Katie Hendrick (remote)

22/10/24 Peer DBR Supervision, Hazel McMahon

24/10/24 Clinical Supervision, Dr Gordon Barclay

November 2024

1/11/24 Pro Bono Ukraine Clinical Group, DBR, Dr Jessica Christie-Sands, Georgia Balgionni Transcriber: Katie Hendrick
4/11/24 Peer DBR Supervision, Hazel McMahon
18/11/24 Peer DBR Supervision, Hazel McMahon
25/11/24 Peer DBR Supervision, Hazel McMahon
29/11/24 Clinical Supervision, Dr Gordon Barclay

December 2024

3/12/24 Peer DBR Supervision, Hazel McMahon
10/12/24 Peer DBR Supervision, Hazel McMahon
16/12/24 Clinical Supervision, Dr Gordon Barclay
18/12/24 Peer Supervision, Hazel McMahon

January 2025

Reserved (May 16-19th inclusive 2025): Energy Healing, Level 1 Fundamentals Edinburgh Dr Clare Willocks

February

3/2/25 Clinical Supervision Dr Gordon Barclay
4th/11th/18th.25th: Peer DBR Supervision, Hazel McMahon
25th Social Media: Linkedin, Business Gateway

March

4/3/25 An Introduction to Artificial Intelligence for small businesses, Business Gateway.
5/3/25 Trauma Informed Approaches when working with children. Insights from foster care. Special interest group in trauma and adversity, Psychological Society of Ireland. Virtual webinar.
8/3/25 Clinical Supervision, Dr Gordon Barclay
3/10th/17th.24th/31st Peer Supervision, Hazel McMahon

April

3/10t/17th/24th Reserved for Peer supervision Hazel McMahon
4/4/25 CORU Update Division of Counselling Psychology, PSI
Week of 7th Clinical Supervision, Dr Gordon Barclay

May

1/8/13/22/29th Peer DBR supervision, Hazel McMahon
7/5/25 Repeat Basic Disclosure Application submitted for volunteer work.
7/5/25 Attendance at Trustee meeting, Salisbury Centre online.
26/5/25 Clinical Supervision Dr Gordon Barclay
15th-19th Eden Method Training, Edinburgh Dr Clare Willocks

June

3rd/17/26th Peer DBR supervision, Hazel McMahon
Reserved 9th June PSI Working with Transgender and Gender Diverse Clients, zoom webinar: cancelled
Clinical Supervision Dr Gordon Barclay

July

3rd Clinical Supervision Dr Gordon Barclay
4th/10th/17th/24th/31st DBR Peer clinical supervision

August 2025
7th Peer DBR supervision, Hazel McMahon and weekly thereafter.
22nd-25th : Eden Energy Training, Fundamentals Level 2, Dr Clare Willocks
21/8/25 Dr Gordon Barclay, Clinical Supervision

September 2025

4th and weekly onwards, Peer DBR supervision Hazel McMahon.
TBC Clinical Supervision Dr Gordon Barclay.

October 2025
2nd and weekly onwards Peer DBR supervision, Hazel McMahon
21st Clinical supervision, Dr Gordon Barclay
13th and 14th Helm Training, RYA

November 2025
6th and weekly onwards, Peer DBR supervision, Hazel McMahon
TBC Clinical supervision,Dr Gordon Barclay
14th to 18th Level 1, Class 3, Fundamentals of EEM, Dr Clare Willock

December 2025
3rd Clinical supervision, Dr Barclay
Weekly peer DBR supervision, Hazel McMahon

January 26

22nd-26th Level 1, Class 4, Fundamentals of EEM, Dr Clare Willock
21st Clinical supervision, Dr Gordon Barclay
Weekly DBR peer DBR supervision, Hazel McMahon

February 26
Weekly Peer DBR supervision, Hazel McMahon
27th Clinical supervison Dr Barclay
28th and 29th registered to attend Interoceptive Summit, online

March 26
Weekly Peer DBR Clinical Supervision, Hazel McMahon
TBC Clinical Supervision, Dr Barclay

April 26
Weekly Peer DBR Clinical Supervision, Hazel McMahon
17/4 Clinical Supervision, Dr Barclay

Reserved :
This course is approved by the BPS CPD Quality Mark Scheme.

Dr Robert Watson from Become Psychology and Mark Burnett from Hope & May Global Data Protection Professionals present: “GDPR Advanced Module for Psychologists, Psychotherapists and Counsellors in private practice”.

Friday 12th June, 2026: 10am-3pm. Online Workshop.

May 26

Weekly Peer DBR clinical supervision, Hazel McMahon

19/5/26 Clinical supervision Dr Barclay

June 26

Weekly Peer DBR clinical supervision, Hazel McMahon

12/6/26 GDPR Advanced Module for Psychologists, Psychotherapists and Counsellors in private practice”

TBC Clinical supervision Dr Gordon Barclay

Reserved:

Ukraine DBR conference in October 30 &31st, 26 (online)