

# Iris Psychology

## Curriculum Vitae

### Dr Caroline Bunting

#### Personal Statement

I am a Chartered Clinical Psychologist working in secondary mental health care services in the NHS. I have been working with Adult Mental Health in both primary and secondary care NHS services for the past 18 years, and have now established a private practice (Iris Psychology) offering individual therapy to run alongside my NHS work. I have extensive experience of working with people suffering with the full range of mental health difficulties. I am an experienced supervisor, offering placements to Trainee Clinical Psychologists and clinical supervision to psychologists and other professionals working within mental health.

I offer individual and couple therapy, accepting self-referrals or referrals via GPs, insurance companies or other agencies. I have experience working with a wide range of difficulties, including stress, anxiety, depression, PTSD and abuse. I work with a range of psychological models, including CBT, CAT, Mindfulness and Solution Focused Therapy.

My specialism is Cognitive Analytic Therapy (CAT); I am an accredited CAT Practitioner and CAT Supervisor. I offer individual therapy and supervision to trainee therapists, accredited CAT practitioners and psychologists. I regularly provide teaching and training on Clinical Psychology and CAT Diploma courses and within the NHS. I now also provide and organise CPD events, offering teaching and training opportunities specialising in the application of CAT and the integration of this with other therapeutic models within the private sector.

#### Professional Qualifications

- 2000 Post Graduate Doctorate in Clinical Psychology (BPS accredited), University of East Anglia
- 2008 Post Graduate Diploma in Cognitive Analytic Therapy, (ACAT accredited), University of East Anglia
- 2012 Post Diploma CAT Supervisor Accreditation, ACAT accredited
- 2014 Health Coaching Skills Programme, Foundation Level, European Mentoring and Coaching Council

#### Education

##### **University of Oxford:**

1992-1995 BA (Hons) Experimental Psychology: Congratulatory 1<sup>st</sup>

##### **Saffron Walden County High School:**

- 1989 GCSEs: English language (A.1); English literature (A); Mathematics (A); French (A); History (A); Chemistry (A); Biology (A); Physics (A); Child Development (A).
- 1991 A-Levels: Biology (A); Chemistry (A); Mathematics (A); Further Mathematics (C).  
S-Level: Chemistry (1)

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## Professional Registration / Associations

### **British Psychological Society (BPS); Division of Clinical Psychology**

1996 – present  
Chartered Member (CPsychol)  
Associate Fellow (AFBPsS)  
Registration no: 075271



### **The Association for Cognitive Analytic Therapy (ACAT)**

2005 – present  
CAT Practitioner and CAT Supervisor



### **Health & Care Professions Council**

2009 – present  
Practitioner Psychologist  
Registration no. PYL03118



## Employment

|                     |   |
|---------------------|---|
| Sept 2013 – present | Owner and Director of Iris Psychology, self-employed  |
| Jun 2004 – present  | Chartered Clinical Psychologist (Grade: 8b), Adult Mental Health, Norfolk and Suffolk NHS Foundation Trust (formerly Suffolk Mental Health Partnership NHS Trust) |
| Oct 2000 – Jun 2004 | Clinical Psychologist (A Grade), Adult Primary Care, Forth Valley NHS Primary Care Trust, Scotland  |
| Sep 1997 – Sep 2000 | Clinical Psychologist in training, Lifespan NHS Trust<br>Doctorate in Clinical Psychology at University of East Anglia  |
| Aug 1996 – Aug 1997 | Assistant Psychologist, Birmingham Children's Hospital NHS Trust  |
| Aug 1995 – Aug 1996 | Graduate Research Assistant, Dept. of Experimental Psychology, University of Oxford   |