



Dr Anna Demery

I am a consultant clinical psychologist with more than 20 years of clinical experience working with young people and adults in both private practice and previously in the NHS. Chartered by the British psychological society (bps) and the Irish Psychological society (IPs) and a registered member of the health and care professions council (HCPC), my qualifications are:

- BSc psychology, University of Kent, Canterbury.
- MSc cognitive neuropsychology, University of Kent, Canterbury
- Doctorate in clinical psychology (d.clin. psych.), Trinity College, Dublin, Ireland
- Systemic family therapy qualification (Prudence Skinner Centre, London)
- Eye movement desensitization and reprocessing (EMDR) trained clinician
- Advanced cognitive behavioral therapy for post-traumatic stress disorder (PTSD) training.
- Advanced dialectical behaviour therapy (dbt) training for individuals and groups (British Isles training completed 2021).

I've worked with a myriad of clients, in various settings, using numerous therapeutic approaches, and strongly believe that anyone who wants support with their mental health and well-being should be able to get it. Therefore, I offer a flexible, person-centered approach to therapy to meet individuals needs and the goals identified.