Family Law psychology

Dr. Karen Seal

D.Clin.Psy, MSc, MRes, BSc (Hons)
HCPC Chartered Psychologist
Chartered Psychologist
Systemic Family Therapist

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Areas of expertise

- Dual qualified as a Clinical Psychologist and Systemic Family Therapist (7 years post-graduate training in total) so able to integrate these professions when assessing families
- Experience assessing and working therapeutically with multi-level complexities in families, including couple separation, adoption and foster care
- Assessment and intervention of complex mental health difficulties in adults and children
- Specialist experience with Eating Disorders and mental health difficulties in the perinatal period
- Assessment and understanding of attachment patterns in families including use of measures to assess current attachment functioning

Qualifications

2022	Diploma in Systemic Supervision	University of Manchester
2017	MSc in Systemic and Family Psychotherapy	University of Leeds
2013	Intermediate training in Systemic Psychotherapy	Birmingham Children's Hospital
2012	Foundation training in Systemic Psychotherapy	Manchester
2011	Doctorate in Clinical Psychology	Lancaster University
2006	MRes Psychology	University of Manchester
2005	BSc Psychology (Hons)	University of Leeds

Professional Membership

Practitioner Psychologist registration with Health and Care Professions Council – PYL27016

Chartered Psychologist with the British Psychological Society

Member of the Association of Clinical Psychologists

Member of the Association of Family Therapy

Employment History

2023 – Present

Associate Psychologist- Family Law Psychology

Offering assessments for family courts using skills as a psychologist and family therapist.

2021 - Present

Lead Family Therapist – Merseycare NHS Foundation Trust

I lead a team of 9 family therapists across a wide footprint to deliver services in line with NHS directives in the perinatal mental health team. I contribute to developing research in the field and am currently working on a project using Attachment Narrative Therapy. Clinically I assess and treat families presenting with complex mental health or social care needs.

2022 – Present

Associate Psychologist – Performers MOT

I offer psychological assessments to contributors to television shows and offer after care psychological support.

2011 - 2021

Consultant Clinical Psychologist – Lancashire Care NHS Foundation Trust

I led the County-wide all-age eating disorders service (50 staff), contributing to the clinical delivery and progression of the service to best meet the needs of those needing support. This involved high level leadership and board meetings, contributing to developments to the service offer and research in the field of eating disorders, and strategic planning of the workforce and therapeutic delivery. Alongside, I maintained a caseload of complex therapeutic family work. During this role I also attended coroner's court as a witness.

Formal Training and CPD

2023	British Psychological Society Training – Expert Witness (8 modules)
2022/23	Attachment Narrative Therapy including Parent Development Interview (train-the trainer, 10 days plus ongoing supervision)
2018	Multi-family therapy (5 days)
2016	Family-based treatment for Eating Disorders (3 days)
2016	Narrative Therapy Level 2 (6 days)
2016	Attachment Narrative Therapy (5 days)
2015	Narrative Therapy Level 1 (5 days)
2014	CAT skills course (6 months)
2013	Appreciative Leadership Training (1 year)
2011	Motivational Interviewing (1 day)
2007	Webster Stratton (3 days)

Awards and Acknowledgements

2014 Doctor of the Year (Blackpool Gazette)

2015 Mental Health Worker of the Year (Blackpool Gazette)

2015 Mental Health Hero Awards, North West Runner Up (Deputy Prime Minister Awards)