

# Dr CLARA FRITCHLEY

*BPsych(Hons), MCLinPsych, PhD*

## *Curriculum Vitae*

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I am a clinical psychologist registered with the Australian Health Practitioner Regulation Agency (AHPRA). I attained a Bachelor of Psychology with Honours in 2002 and a Masters of Clinical Psychology in 2010. On completion of my Masters of Clinical Psychology I was awarded the Vice Chancellor's Commendation for Academic Excellence. I have completed a PhD examining people's experiences of therapy while engaged in the NSW Drug Court Program, using both qualitative and quantitative methodology. I have a 20 year history of clinical work within the clinical and forensic fields of psychology, working in both public and private facilities, as well as providing medio-legal assessments to the Courts. For the past 15 years I have worked delivering psychological therapies to children and adults experiencing clinical mental health disorders and specialise in the assessment and treatment of complex presentations, in particular when there is a history of exposure to trauma. I have been providing supervision and training to provisional psychologists and clinical psychology registrars for the past ten years. I am trained in a number of clinical interventions, including the Circle of Security, Dialectical Behaviour Therapy (DBT), Radically Open Dialectical Behaviour Therapy (RO DBT), Schema Therapy, Cognitive Behaviour Therapy and more recently I have completed training in Psychedelic Assisted Psychotherapy. My particular clinical and research interests are the development of successful therapeutic relationships and understanding the broader mechanisms of change underlying psychotherapy.

## EDUCATION

- 2023**      **Doctor of Philosophy, PhD** ▪ The Matilda Centre for Research in Mental Health and Substance Use, University of Sydney, Sydney, Australia
- 2010**      **Master of Clinical Psychology** ▪ Macquarie University, Sydney, Australia
- 2002**      **Bachelor of Psychology (Honours)** ▪ Macquarie University, Sydney, Australia
- 1996**      **Higher School Certificate** ▪ Fort Street High School, Sydney, Australia

## AWARDS

- 2010**      **Vice Chancellor's Commendation for Academic Excellence** ▪ Macquarie University, Sydney, Australia
- 2016**      **Higher Degree Research Scholarship** ▪ The Matilda Centre for Research into Mental Health and Substance Use, University of Sydney

## PROFESSIONAL REGISTRATIONS

Clinical Psychologist, Australian Health Practitioner Regulation Agency (AHPRA)  
Board Approved Supervisor, Australian Health Practitioner Regulation Agency (AHPRA)  
Accredited Psychologist with NSW Workers Compensation  
Accredited Psychologist with Victims Services NSW  
Accredited Psychologist with the National Disability Insurance Scheme (NDIS)

## **BRIEF HISTORY OF EXPERIENCE**

### **Senior Clinical Psychologist Monarch Mental Health Group**

Dec 2021 –present

- Provide leadership, clinical supervision and training to provisional psychologists working within Monarch Mental Health Group.
- Development of evidence based psychological intervention programs including psychedelic assisted psychotherapy programs.
- Establishment of a consumer participation working group and consumer advisory board to increase consumer voices and input into Monarch Mental Health Group services.

### **Clinical Psychologist Independent private practice (Old Castle Health Rooms)**

June 2021 –present

- Provide individual assessment, including medico-legal assessments and psychotherapy to adolescents and adults experiencing mental health difficulties and their families, specialising in complex presentations where a person may have multiple comorbidities and frequently a history of traumatic experiences.
- Conduct monthly clinics, through Ngaoara, providing face to face psychological interventions for Aboriginal children and adolescents living in Moree, Western NSW and providing ongoing psychological support via telehealth between clinics.

### **Clinical Psychologist The Hills Clinic Hospital**

Sept 2011 –June 2021

- Prepare psychological assessments and forensic reports, with a speciality in drug and alcohol-related legal matters.
- Provide individual assessment and psychotherapy to adolescents and adults experiencing mental health difficulties and their families, specialising in complex presentations where a person may have multiple comorbidities and frequently a history of traumatic experiences.
- Develop and implement a Dialectical Behaviour Therapy program for young people diagnosed with Borderline Personality Disorder and their families and supervise staff working on this program.
- Provide leadership and clinical monitoring of clinicians working within the hospital.

### **Clinical Psychologist The Children's Psychology Clinic**

March 2009 - March 2011

- Conduct psychological assessments for children with a range of mental health difficulties including family relationship struggles, traumatic stress, attention deficit hyperactivity disorder, anxiety disorders and behavioural difficulties.
- Provide ongoing psychological assessment and treatment interventions to children and families with mental health difficulties.

### **Psychologist Drug and Alcohol Services Nepean Blue Mountains Area Health Service**

Apr 2003 - April 2004 ▪ Nov 2005 – Jan 2010

- Provide individual psychotherapy and psychological interventions to clients with addictive disorders, in particular working with people engaged in pharmacotherapy maintenance.
- Work closely with government and non-government organisations to support families in crisis, where one or both parents have a substance use disorder.
- Coordinate and facilitate group treatment programs for people with drug use disorders.
- Individual psychotherapy and case management for people engaged in Merit and Drug Court Programs.

### **Intern Clinical Psychologist**

**Macquarie University Anxiety Clinic**

Dec 2007 - Aug 2008

- Conduct diagnostic assessments for children with anxiety disorders including traumatic stress.
- Provide psychological interventions for children with anxiety disorders.
- Conduct group programs for children with anxiety disorders and their families.

### **Intern Clinical Psychologist**

**Macquarie University**

Aug 2007 - Mar 2009

- Conduct psychometric assessments of children using assessments such as the Weschler Intelligence Scale for Children (WISC), Weschler Individual Achievement Test (WIAT), the Strengths and Difficulties Questionnaire, the Connors Rating Scale of Attention Deficit Hyperactivity Disorder and the Gilliam Asperger's Disorders Scale.

### **Psychologist**

**Australian Aid for Development**

April 2004 - Nov 2005

**Youth Ambassadors Program (Sri Lanka)**

- Provide individual assessment and psychological interventions to children and their families affected by mental health issues in Sri Lanka.
- Develop training programs for local clinicians in basic psychological interventions for children particularly related to the trauma experienced following the Tsunami.
- Provide training and support to local clinicians working with children and their families affected by mental health difficulties.

## **RECENT PRESENTATIONS**

- Fritchley C. **Working with people involved in the criminal justice system.** Webinar (2024)
- Fritchley C. **Therapeutic Relationships in the Justice System.** Invited Keynote at the International Association of Forensic Sciences (IAFS) Conference. Sydney, Australia (November, 2023).
- Fritchley, C. **Building relationships that enhance treatment: Therapeutic alliance on the Drug Court Program.** Oral presentation at the International Association of Forensic Mental Health Services (IAFMHS) Conference. Krakow, Poland (June, 2020)
- Fritchley C. **Client perspectives of therapy while on the Drug Court program: a qualitative study of therapeutic relationships.** Oral presentation at The Mental Health Services (TheMHS) Conference. Melbourne, Australia (October, 2022)
- Fritchley C & Barrett E. **Blurred edges: Therapeutic relationships within a legal framework** Oral presentation at Society for Mental Health Research (SMHR) (March, 2022)
- Fritchley, C. **Therapeutic relationships in the treatment of drug use disorders: A systematic review.** The Matilda Centre Webinar Series. Sydney, Australia (May, 2021).