

Brief Biography

Stirling Moorey is Consultant Psychiatrist in Cognitive Behaviour Therapy at South London and Maudsley NHS Trust, and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, King 's College London. Since spending his medical student elective at Beck's Center for Cognitive Therapy in Philadelphia, he has been actively involved in service provision, teaching and research in CBT. He was co-founder with Mrs Ruth Williams of the IOP CBT course and has taught and supervised CBT to many psychiatrists, psychologists and other professionals. He continues to oversee the CBT training of psychiatrists on the Maudsley training scheme. He was Professional Head of Psychotherapy for SLaM and Clinical Manager of the Maudsley Psychotherapy Service until 2013 and has 20 years experience working with therapists from various psychotherapeutic traditions. He has trained in Cognitive Analytic Therapy, Schema Therapy and Mindfulness Based Cognitive Therapy, and so is able to contextualise CBT within the broader body of psychotherapies. His main research interest is in CBT for people with cancer, and he has been involved in 5 randomised controlled trial in psycho-oncology. He is co-author with Dr Steven Greer of *The Oxford Guide to CBT for People with Cancer* Oxford: Oxford University Press. Other relevant publications include:

Mace, C., Moorey, S.M. & Roberts, B. (eds.) (2001) *Evidence in the Psychological therapies: a critical guide for practitioners* London: Routledge.

Moorey, S. (2010) *CBT and Psychoanalysis*. In Lemma, A. & Patrick, M. (Eds.) *Off the Couch*. London: Routledge.

Moorey, S. (2011) *Cognitive behaviour therapy: its past, present and future*. In *The CBT Handbook* (edited by Windy Dryden, Rhena Branch, Alec Grant and Michael Townend).

Moorey S (2014) "Is it them or is it me?" Transference and countertransference in CBT In Whittington A & Grey N Eds. *How to Become a More Effective CBT Therapist: Mastering Metacompetence in Clinical Practice*.