

Georgia Kemp (née Herring)
Norwich Medical School, University of East Anglia
Email: G.Kemp@uea.ac.uk



Trainee Clinical Psychologist at the University of East Anglia.
Current research interests have explored adolescent depression and transdiagnostic approaches to treating mood disorders in young people. I am looking forward to exploring wider areas and approaches in Clinical Psychology practice and research throughout my three years of training.

Academic Background

2019-2020 MSc APPLIED CLINICAL PSYCHOLOGY WITH DISTINCTION, UNIVERSITY OF BATH
2014-2017 BSc (HONS) PSYCHOLOGY 2:1, CANTERBURY CHRIST CHURCH UNIVERSITY

Employment

Doctorate in Clinical Psychology, Norwich Medical School

University of East Anglia
1 Oct 2024 → present

Lived experience lead

Curtin University
Perth, Australia

2021-2024 ASSISTANT PSYCHOLOGIST, SEVERNSIDE SCHOOL, THE AURORA GROUP
2021-Present INDEPENDENT LIVED EXPERIENCE CONSULTANT, CURTIN UNIVERSITY, AUSTRALIA (REMOTE; CASUAL)
2021-2023 RESEARCH ASSISTANT & LIVED EXPERIENCE REPRESENTATIVE, UNIVERSITY OF BATH
2019-2020 THERAPEUTIC SUPPORT WORKER, REHABILITATION AND RECOVERY UNIT, PRIORY GROUP
2017-2018 TEAM LEADER, HUNTERS CARE CENTRE, BARCHESTER HEALTHCARE

PUBLICATIONS & DISSEMINATIONS

- Egan, S.J., Greene, D., Callaghan, T., Raghav, S., Funk, J., Badenbach, T., Talam, S., Kemp, G., McEvoy, P.M., Ehring, T., & Kopf-Beck, J. (2024). Worry and rumination as a transdiagnostic target in young people: a co-produced systematic review and meta-analysis. *Cognitive Behaviour Therapy*. <https://doi.org/10.1080/16506073.2024.2369637>
- Kemp, G. (2023). "I'm always going to be tired": Fatigue in adolescent depression. The Mental Elf. <https://www.nationalelfservice.net/mental-health/depression/im-always-going-tired-fatigue-adolescent-depression/>
- Loades, M. E., Midgley, N., Herring, G. T., O'Keeffe, S., Goodyer, I. M., Barrett, B., ... & Reynolds, S. (2023). In Context: lessons about adolescent unipolar depression from the improving mood with psychoanalytic and cognitive therapies trial. *Journal of the American Academy of Child & Adolescent Psychiatry*.
- Loades, M.E., Herring, G.T. & Talbot, A.C. (2022, October). Let's make it happen: early help for adolescent depression. Workshop at Emerging Minds Summit, St Catherine's College, Oxford.
- Loades, M.L., Herring, G. (2022). Single Session Interventions are a promising accessible and scalable solution to the needs-access gap for youth mental health. *Mental Elf*. <https://www.nationalelfservice.net/mental-health/depression/single-session-interventions-adolescent-depression/>
- Pile, V., Herring, G., Bullard, A. et al. A multi-stakeholders perspective on how to improve psychological treatments for depression in young people. *Eur Child Adolesc Psychiatry* (2022). <https://doi.org/10.1007/s00787-022-02001-x>
- Herring, G. (2021). ADvaNCE online blogs. <https://codevelop2advance.wixsite.com/website/blog>
- Herring, G., Loades, M., Higson-Sweeney, N., Hards, E., Reynolds, S., & Midgley, N. (2022). The experience of cognitive behavioural therapy in depressed adolescents who are fatigued. *Psychology and Psychotherapy Theory, Research and Practice*, 95(1), 234-255. <https://doi.org/10.1111/papt.12365>
- Pile, V., Orchard, F., Herring, G., Stafford, C., Loades, M.E., Reynolds, S., & Chan, S. ADvaNCE: Adolescent Depression – Network to Consolidate Expertise. Emerging Minds Special Interest Research groups fund, £1500. Awarded November 2020.
- Lead author of the young people's 'Have your say' survey which was disseminated to young people on a voluntary basis as part of the ADvaNCE network co-production and lived experience input.