



Philippa Garety

*Professor of
Clinical Psychology*

DEPARTMENT OF PSYCHOLOGY

I was always interested in the experiences we call psychosis. As a trainee on the ward, someone approached me and said ‘You put my mother in the washing machine’. I was intrigued as to what might lead someone to think in this way. Exploring reasoning and emotions in delusions is at the heart of my research. I later helped challenge the prevailing view that psychological therapy was unhelpful for people with psychosis by contributing to the development of a new approach, Cognitive Behavioural Therapy, a treatment now widely recommended.