



Dr. Samantha Barcham, DCPsych

A Trusted Voice on Family Estrangement

Counseling Psychologist | Psychotherapist
Family Estrangement Expert

Dr. Samantha Barcham is a counseling psychologist, psychotherapist, and family estrangement expert with more than a decade of experience working directly with individuals, couples, and families affected by estrangement, family rupture, and complex relational trauma. Her expertise is informed by a combination of clinical practice, doctoral research, professional training, and lived experience.

In addition to her client work, Dr. Barcham provides clinical supervision, professional training, and consultation on family estrangement for therapists and organizations. She is regularly sought out for expert commentary on family estrangement, with insights featured in publications including [The Times](#), [The Independent](#), and [Dazed](#).

“Distance can protect you from the emotional hit, but it cannot do the deeper healing work for you.” — Dr. Sam Barcham

SPECIALIZED EXPERTISE IN FAMILY ESTRANGEMENT

Dr. Barcham works with adults affected by family estrangement, including adult children, estranged parents, siblings, and extended family members. She also supports intimate partners and spouses navigating the challenges that estrangement can pose to relationships, parenting, family milestones, and daily life.

Her work focuses on grief and ambiguous loss, shame, emotional abuse, chronic invalidation, identity disruption, intergenerational family patterns, boundary setting, reconciliation, and the lasting psychological impact of estrangement.

Dr. Barcham helps individuals, families, and professionals move beyond simplistic narratives of blame, forgiveness, or reconciliation, toward a better understanding of the complex realities of family estrangement.

RESEARCH & ACADEMIC CONTRIBUTIONS

Dr. Barcham’s doctoral research focused on maternal estrangement and intergenerational family relationships.

Her research was presented at the International Association for Relationship Research Annual Conference in 2021 and is archived in the [Middlesex University Research Repository](#).

PROFESSIONAL CREDENTIALS

Doctorate in Counseling Psychology and Psychotherapy (DCPsych)

Chartered Member, British Psychological Society (BPS)

Registered Practitioner Psychologist, Health and Care Professions Council (HCPC)

Registered Psychologue (France, RPPS)

CONNECT WITH SAMANTHA BARCHAM

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