

## CONTACT INFORMATION

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## SUMMARY

I have over 20 years' experience working with young people with emotional and behavioural difficulties and their families.

I am a Family Therapist currently working as a Senior Family and Systemic Psychotherapist in Kensington and Chelsea Tier 3 CAMHS. Following my first degree in Psycho-Social Studies, I worked for several years as a Nursing Assistant in an Adolescent Psychiatric Unit and developed a keen interest in working with young people and their families.

Following a year travelling, I trained as a Social Worker, concentrating on adolescent mental health. I had two periods of working in the Youth Offending Service – another client group that I am particularly interested in. I have also worked as the Senior Social Worker in another adolescent service.

I currently work in Kensington and Chelsea Adolescent Mental Health Service. My job includes family therapy, individual therapy with adolescents, parent counselling, Cognitive Behavioural Therapy and facilitating parenting groups. I also am part of the Under 5s service in CAMHS.

## EMPLOYMENT HISTORY

- Parkside Clinic (Tier 3 K+C CAMHS June 2009 - to date)
- Family Resource Project (Tier 2 K+C CAMHS) (June 2005 - to 2009)
- Brookside Adolescent Unit (Dec 2003 - June 2005)
- Islington Youth Offending Team (Sep 2000 - Dec 2003)
- Simmons House Adolescent Unit (Sept 1993 - Aug 1998)

## EDUCATION and PROFESSIONAL QUALIFICATIONS

- International Centre of Excellence Emotionally Focused Therapy – Externship in emotionally focused couple therapy
- Association of Video Interaction Guidance – practitioner in VIG
- University of Reading - Postgraduate Diploma in Evidence Based Treatment for Children and Young People (CBT pathway)
- Institute of Family Therapy – MSc in Systemic Psychotherapy
- Birkbeck College – MA in Social Work – Merit
- University of East London – BA (Hons) in Psycho-Social Studies 2:1

## PROFESSIONAL MEMBERSHIPS

UKCP Registered

## INTERESTS

Art and gender politics