

SOPHIE PARRY-WILLIAMS

CONTACT



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SKILLS

- active listening
- radical empathy
- curiosity

I am a UKCP-registered psychotherapist, specialising in Family & Systemic Psychotherapy. Additionally, I am trained in Cognitive Behavioural Therapy for children and adolescents experiencing anxiety and depression. This means I am qualified to deliver psychotherapy to families, couples and individuals. I can also offer parenting support and strategies for 0-5 years, primary and secondary aged children. Most of my 30 year career has been in the NHS Child and Adolescent Mental Health Services.

I also have a private practice working with couples. I am trained in Emotionally Focused Couple Therapy

EXPERIENCE

January 2022 - April 2024

Senior Systemic and Family Psychotherapist *Central and North West London NHS Foundation Trust*, London, London

Senior Family Therapist and Team Lead for the Emotional Disorders Team
My task is to provide specialist family therapy service to children and young people with mental health problems across all sectors of care as part of a multi-disciplinary CAMHS service.

I provide specialist family assessment and therapy to service users and their families/cares.

I provide advice and consultation on their care to non-family therapy colleagues and the professional network involved.

I offer generic CAMHS assessment and intervention as well as providing specialist family therapy interventions to contribute to support plans for the care of children and young people and their families. They will also contribute to highly specialist assessments of children with complex mental health presentations such as ASD, OCD and Eating Disorders and support case formulation and treatment plans in line with best practice and evidence-based interventions (NICE Guidance).

I also provide clinical supervision to Band 7 family therapists in the team, Family Therapy trainees and provide live supervision on cases seen in Family Therapy Clinic; these will be therapist from other disciplines.

December 2016 - January 2022

Senior Systemic and Family Psychotherapist *Central and North West London NHS Foundation Trust*, London, London

As senior family therapist and sub team lead in the enhanced treatment team, my task was to contribute to highly specialist assessments of children with complex mental health presentation and support case formulation and treatment plans in line with best practice and evidence-based interventions (NICE Guidance).

Following assessment I would provide specialist family therapy service to children and young people with mental health problems across all sectors of care as part of a multi-disciplinary CAMHS service. This involved individual, group and family work.

Provision of advice and consultation on their care to non-family therapy colleagues and the professional network involved.

I offered clinical supervision to Band 7 family therapists in the team, Family Therapy trainees and provide live supervision on cases seen in Family Therapy Clinic; these will be therapist from other disciplines.

December 0201 - January 0202

Primary Mental Health Worker *Central and North West London NHS Foundation Trust*, London, London

- As a Primary Mental Health Worker, I worked with many Tier one services helping enhance the emotional well being and mental health of young people. This involved working in the community a great deal.
- Provide specialist assessments and intervention for children, young people and their families
- Run group sessions for parents/carers of young people in CAMS
- Provide systemic consultation to the network working with the child and their families
- Offer drop in clinics in schools and nursery

December 0201 - January 0202

Senior Social Worker *North East London Foundation Trust*, London, London

- Key roles and responsibilities were to provide systemic intervention to the young people in a Tier 4 setting. This included care planning and management, liaison with local authority as well as offering specialist assessment and interventions.

December 0201 - January 0202

social worker *Islington Local Authority*, London, London

- Assessment of need of young people who had come to the attention of the criminal justice system
- Managing the Care Plan and Court Order for young people convicted of a crime under the Criminal Justice Act
- Writing pre-sentence reports that would inform the Courts as to what disposal was appropriate for the young person

EDUCATION

2024 **Supervision of Systemic and Family Therapy**

Tavistock and Portman NHS Foundation Trust

2021 **Core Skills – Emotionally Focused Therapy**

The International Centre for Excellence in Emotionally Focused Therapy

2020 **Externship – Emotionally Focused Therapy**

The International Centre for Excellence in Emotionally Focused Therapy

2012 **CYPIAPT Cognitive Behavioural Therapy for children and young people**

University of Reading

2006 **MSc Systemic and Family Psychotherapy**

University of London Birkbeck College

2000 **MA Social Work**

University of London Goldsmiths College

1992 **BA Psycho-Social Studies**

University of East London

1989 **Diploma of Higher Education Business and Finance**

Northampton College of Further Education

1987 **GCSEs art, English (spoken, literature and language), maths, biology, French, chemistry**

Northampton High School for Girls