

Dr Helen Eracleous

BSc. (Hons)., ClinPsyD.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL17546**

Profile:

Dr Eracleous is a registered clinical psychologist and has worked in mental health services for 19 years. She is currently employed in a Family Safeguarding Service where she routinely assesses parents in relation to issues such as cognitive ability, mental health, personality disorder, domestic abuse and the attachment between the child and parent. More generally, Dr Eracleous has a very broad range of experience working with children, adolescents and adults, and she also works with adolescents and adults in her private practice. In addition to her clinical commitments, she provides expert witness services in the areas of Family, Criminal and Civil Law.

Areas of Expertise:

- Care proceedings
- Psychological assessments of parents
- Assessment of child, adolescent and adult mental health
- Cognitive assessment of adults, children and adolescents
- Specialist expertise in learning difficulties, domestic violence, abuse, drug and alcohol misuse, mental health and personality disorder
- Immigration and asylum
- Pre-sentencing assessments
- Criminal law
- Personal injury
- Psychological therapy for child, adolescent and adult mental health problems

Employment History:

January 2016 - present: Clinical Psychologist. Hertfordshire Partnership University NHS Foundation Trust, Hertford County Hall, Family Safeguarding Service. Children's Services. Assessment of parents whose children are on a Child in Need plan, Child Protection Plan or Public Law Outline. Consultation and training on impact of parental mental health on children of all ages to multi-agency teams. Therapeutic interventions with parents including helping them to 'mentalise' (i.e. increase their ability to reflect on the mind of their child) and supervision. Observations of parent child relationship during contact/assessment of parent child relationships.

January 2016 - present: Private Practice: As an independent therapist I carry out therapy with individuals from 12 years of age, covering a broad range of psychological difficulties.

May 2015 – October 2017: Parent Governor (part-time, voluntary). Lead in Safeguarding and Special Educational Needs and Disability provision.

February 2010 – 2016: Part-time Clinical Psychologist. Hertfordshire Partnership University NHS Foundation Trust, Community Mental Health Team (CMHT). Working with individuals and groups with severe and enduring mental health needs, many of whom were parents.

February 2013 – April 2013: Part-time Locum Clinical Psychologist. Tavistock and Portman NHS Trust – Gender Identity Development Service (GIDS). I carried out detailed assessments with children aged 5-18.

October 2008 – April 2009: Specialist Clinical Psychologist. Barnet, Enfield & Haringey NHS Trust, Psychological Therapies Service. I worked with a range of mental health presentations using a range of Cognitive Behaviour Therapy based approaches.

October 2007 – 2008: Trainee Clinical Psychologist. Tavistock and Portman NHS Trust – Adolescent Department and Gender Identity Development Unit. I undertook detailed assessments of children aged 5-18 and carried out interventions.

April 2007 – September 2007: Trainee Clinical Psychologist. Hertfordshire Partnership NHS Trust – Hoddesdon Child & Adolescent Mental Health Service. Assessments and interventions with children and adolescents with a wide range of presenting difficulties.

October 2006 – April 2007: Trainee Clinical Psychologist (Learning Disability Placement). Hertfordshire Partnership NHS Trust - Tertiary Assessment & Treatment & Specialist Residential Services, Harperbury.

April 2006 – September 2006: Trainee Clinical Psychologist (Older Adult Placement). North Essex Mental Health NHS Trust – St Margaret's Hospital, Mental Health Unit.

October 2005 – April 2006: Trainee Clinical Psychologist (Adult Mental Health Placement). North Essex Mental Health NHS Trust – Community Mental Health Team, Loughton, Essex.

September 2004 – September 2005: Research Assistant. St George's Hospital Medical School.

September 2002 – August 2004: Assistant Psychologist, Older Adults and Forensic Service (split post). Barnet, Enfield, Haringey NHS Trust.

April 2001 – April 2002: Assistant Psychologist. Central & North West London NHS Trust - Harrow Drug & Alcohol and Adult Mental Health Services.

May 2000 – April 2001: Research Psychologist. St. Piers Community Outreach Service (now known as National Centre for Children with Epilepsy).

December 1999 – May 2000: Research Assistant. Chase Farm Psychiatric Day Hospital, Enfield NHS Trust:

Personal Qualifications:

October 2005 – July 2008: Doctorate in Clinical Psychology.

2000 - 2002: MSc Mental Health

1996 – 1999: BSc Psychology

Publications:

- Burns, T., Catty, J., Clement, S., Harvey, K., Holloway, F., White, S., Anderson, T., Cowan, N., Ellis, G., Eracleous, H., Geyer, C., Lissouba, P., Poole, Z. Experiences of Continuity of Care and Health and Social Outcomes: The ECHO Study. *Psychological Medicine*, published online by Cambridge University Press, 23 June 2008.
- Dalton, R. and Eracleous, H. (2006). Threats against health care workers, part I: a review; classification, prevalence and management. Part II; the characteristics of those who make threats, threats as predictors of violence and effects on the victims. *The British Journal of Forensic Practice*, 8, 2, 20-25.
- Davidson, S and Eracleous, H. (2009). The Gender Identity Development Service- examples of multi-agency working. *Clinical Psychology Forum*.
- Eracleous, H and Lawson, C. (2007) Ward round conduct: A survey of staff attitudes to a code of conduct and observations on current practice. *PSIGE, Newsletter*, 100, 35-40.