

## Dr Helen Wain

BSc. (Hons), ClinPsyD.

### Chartered Clinical Psychologist



The  
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Chartered Psychologist



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Health Professions Council Registration: **PYL25689**

#### Profile:

Dr Wain is a chartered and registered clinical psychologist and has worked in mental health services for 13 years. Currently working in a Child and Adolescent Mental Health Service, she is highly experienced in working with people with a range of mental health difficulties, including anxiety and depression; as well as more complex presentations, such as high risk and self-harming behaviours, and experiences of trauma and abuse. 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
- 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
- Personality disorders
- Looked after children
- Immigration and asylum
- Pre-sentencing assessments
- Psychological therapy for child, adolescent and adult mental health problems

#### Employment History:

**2017 - present: Clinical Psychologist.** CAMHS, Bournemouth, Dorset NHS Foundation Trust.

- Psychological assessment, formulation and intervention with children and their families, drawing on a range of psychological models, theories and approaches.
- Integrated member of multidisciplinary team, providing individual and group supervision, and participating in complex case reviews.
- Inter-agency liaison and collaboration regarding individual cases and systemic service issues.
- Contributing to service planning, development of clinic procedures and execution of policies.

**April 2017 – present: Clinical Psychologist. Independent Private Practice, Lympington, Hampshire**

- Private practitioner in community clinic, providing assessment and treatment to adults and children presenting with mild to moderate mental health difficulties.

**April 2017– January 2018: Clinical Psychologist.** Healios, Mental Health Provider, Southampton, Hampshire

- Working for a private company, that holds contracts with NHS mental health trusts, to work with young people and their families referred to their local CAMHS services.
- Delivering a service via the internet, through an online platform (similar to skype), meeting and talking with families in real time, yet not in the same location.
- Psychological assessments of mental health difficulties, clinical formulation and recommendations for intervention.
- Delivering therapeutic interventions for children and young people who are presenting with mental health difficulties, predominately within a CBT framework.
- Liaison with CAMHS teams regarding clients, discussion of safeguarding issues, outcomes of assessment and therapy.
- Service development and improvement, specifically considering the experiences of the children and families engaging in psychological work through an online platform.

**Jan 2016 – April 2017: Parental leave and relocation to UK**

**April 2015 – December 2015: Clinical Psychologist.** CAMHS Therapeutic Day Programme, Perth, Western Australia

- Integrated member of therapeutic community for young people, presenting with significant mental health difficulties and emerging personality disorders, providing an intensive community service as an alternative to hospitalisation
- Assessment, formulation and intervention using psychodynamic and mentalisation principles, including individual, group, and family therapy
- Developing new service, including building relationships with community referers, and regular reviews of practice and policy
- Delivering community outreach psycho-education groups for young people unable to access day programme, focus on self-harm as a means to cope, and understanding internal worlds
- Supervision of clinical psychologists and other members of the multi-disciplinary team

**July 2013 – April 2015: Clinical Psychologist.** CAMHS, Perth, Western Australia

- Psychological assessment, formulation and intervention with children and their families, drawing on a range of psychological models, theories and approaches, working within a CAPA framework
- Collaborative working with other professionals in the multidisciplinary team
- Inter-agency liaison and collaboration regarding individual cases and systemic service issues
- Consultation and training to professionals, including education providers and disability services
- Preventative teaching to school students on Stress Anxiety Depression
- Contributing to service planning, development of clinic procedures and execution of policies
- Supervision of clinical psychologists and trainee clinical psychologists

**May 2011 – July 2013: Clinical Psychologist.** Department for Child Protection, Perth, Western Australia.

- Working with children and adolescents who have experienced significant trauma and abuse, and are living in placements away from the family home
- Engaging these young people, who are hesitant to work with traditional services, and undertaking psychological assessment and formulation,
- Leading therapeutic planning and trauma informed interventions delivered by the care team
- Supervision of clinical psychology trainees and residential care staff
- Liaison and collaboration with internal and external stakeholders to ensure optimum service delivery for young people. Evaluation and development of Residential Care services, including updating staff recruitment.

**January 2011 – May 2011:** Extended holiday and relocation to Australia

**Sept 2010 – Jan 2011: Clinical Psychologist**, Adult Learning Disabilities, Camden and Islington NHS, London.

- Clinical assessment, formulation, intervention and evaluation with individuals with intellectual difficulties, their families, carers and wider support networks
- Learning disability and capacity assessments, using standardised psychometric tools
- Teaching and training to staff teams
- Supervision of assistant psychologists

**September 2007 – September 2010:** Trainee Clinical Psychologist, Camden and Islington NHS Mental Health Trust, London.

- Six, 6-month placements with the following client groups and service delivery models:
  - Perinatal, child and adolescent, adult, older adult, learning disabilities, physical health
  - Community clinics, satellite services, outreach team, hospital inpatient and outpatient
- Assessment and formulation of mental health difficulties, intellectual disabilities, and mental capacity decisions, using clinical interviews, psychometric measures and behavioural observations
- Clinical interventions with clients, their families and wider systems drawing on attachment, cognitive, behavioural and systemic models and therapeutic approaches
- Liaison and consultation with staff teams to internal and external service providers
- Service related research and development

**November 2005 – August 2007: Assistant Clinical Psychologist**, Clinical Health and Neuropsychology, London.

- Extensive experience of neuropsychological assessments, using standardised psychometric tests
- Facilitation of third wave CBT pain management groups
- Working with multi-disciplinary team to provide CBT interventions to inpatients and outpatients

**Nov 2003 – Oct 2005: Assistant Psychologist**. Central & North West London NHS Trust - Harrow Drug & Alcohol and Adult Mental Health Services.

**May 2000 – April 2001: Assistant Clinical Psychologist**, Physical Rehabilitation, Surrey.

- Development of research protocols, ethics and funding applications
- Qualitative and quantitative data collection and analysis, extensive use of SPSS
- Cognitive behavioural therapy interventions

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### **Personal Qualifications:**

**September 2007 – September 2010:** Doctorate in Clinical Psychology, University College, London.

**September 2000 – July 2003:** BSc (Hons) Psychology 1<sup>st</sup> class, University of Wales, Swansea.

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### **Professional Development:**

- **July 2017:** Autism Diagnostic Interview. Dr Sally Powls and Healios
- **March 2015:** Mentalisation Based Treatment for Adolescents. Dr Peter Fonagy and Dr Anthony Bateman, Anna Freud Centre.
- **April 2015:** Mentalisation Based Treatment for Families. Dr Emma Keaveny, Anna Freud Centre
- **March – May 2015:** Child and Adolescent Psychoanalytic Psychotherapy. Carmel Cairney (APPWA) and Nadine Caunt (RANZCP).