

Dr J. Isabel Battye

BSc., DClín.Psy.

Chartered Clinical Psychologist



The
British
Psychological
Society

Chartered Psychologist



www.hpc-uk.org

Health Professions Council Registration: **PYL24315**

Profile:

Dr Battye is currently employed as a Clinical Psychologist by the Oxleas NHS Foundation Trust based at Bexley Children's Social Care as the Clinical Lead for Reunification Work. Dr Battye is able to offer complex psychological assessment and treatment to families, children and adolescents individually or together. She has a special interest in parent-child relationship work.

Areas of Expertise:

- **Complex assessment** of 0-18 year olds with a variety of mental health and developmental disorders including mood and anxiety disorders, behavioural difficulties (conduct and oppositionality), self-harm and risk, autism and related disorders (ADHD).
- **Cognitive Behaviour Therapy (CBT)** for children and adolescents with anxiety disorders (OCD, PTSD, and panic) and depression, and unusual experiences.
- Integrative therapy drawing on knowledge of psychodynamic processes (under specialist supervision), narrative therapy and mentalisation/mindfulness therapy for children, adolescents and their parents, with experiences of neglect and abuse, including young people with diagnosis of emerging personality disorder.
- Mindfulness and compassionate mind-based interventions for young people.
- Parenting and direct child/ young person interventions across a range of difficulties (Autism, ADHD, learning disability, mood and anxiety disorders, neglect and abuse, self-harm, self-injury, challenging behaviours, psychosis, oppositional defiant and conduct disorders).
- Parenting and fostering group interventions including KEEP and Incredible Years and PIPT (formerly PCG).
- Consultation to multi-agency networks around children and young people at risk of placement breakdown.

Employment History:

August 2018- present: Clinical Lead for the Reunification and Rapid Response Team, Bexley Children's Social Care

- Setting-up and develop a new reunification service to children looked after and their foster carers and birth families using the NSPCC Reunification Framework.
- Assessing and offering psychological intervention to birth parents and the family as a whole in order to support successful return home from care for children and young people.
- Offering consultation, complex case discussion and training to CSC staff. In addition, leading on outcome measuring, reporting, and recruitment for this new team.

April 2017 – July 2018: Joint Clinical Lead for the Community Health and Wellbeing Service (CHeWS) at Bexley CAMHS

- Held clinical leadership of a multi-disciplinary team made up of a Clinical Psychologist, Psychotherapist, Nurse Specialist, Social Worker and Family Therapy.
- Offered consultation and brief interventions to staff and pupils in schools.
- Offered direct brief clinical work to children, young people and their families presenting with mild to moderate mental health difficulties.
- As senior clinician in CAMHS part of the role is to offer supervision and leadership on the emergency assessment rota as well as supervision of Clinical Psychologists and other professionals in other teams across the service.
- Contributed to Serious Case Reviews or Learning Reviews through the production of Independent Management Reports.

January 2012 - March 2017: Specialist Clinical Psychologist, Bexley Looked After and Adopted Children Team (Oxleas NHS Trust).

- Offered complex psychological assessment and intervention as part of multidisciplinary team to children and young people, who have been adopted and fostered as well as their carers and professional networks.

November 2014 – December 2015: CYP-IAPT Parenting Supervisor, Bexley (Oxleas NHS Trust).

- A secondment to Early Intervention in Social Care.
- Offered individual, pair and group supervision to parent training trainees on the CYP-IAPT course.
- Developed the parenting service locally, including introducing outcome measuring to the service.
- Isabel continues to offer supervision to the parenting practitioners in 2017/2018

March 2011 – December 2011: Specialist Clinical Psychologist, Bexley Adolescent Team.

- This role involved working with young people who were experiencing psychosis, emerging personality disorder and presenting with high risk of self-harm/suicide.
- **February 2010 – December 2011: Clinical Psychologist, Greenwich Eltham & Meridian CAMHS (Oxleas NHS Trust).**
- Managed tier three caseload.
- Psychological assessment and treatment of children and young people aged 0-18 referred for emotional and behavioural problems.

November 2009 – February 2010: Locum Clinical Psychologist – Bexley Adolescent team (Oxleas NHS Trust).

- Same as Adolescent Team above.

Personal Qualifications:

2015: Post-graduate Certificate of Supervision – Distinction, Kings College London as part of the Parent Training CYP-IAPT programme.

2009: Doctor of Clinical Psychology (DClinPsy), Salomons – Canterbury Christchurch University

2002: Psychology (BSc Hons) 2:1, Royal Holloway University of London

Continued Professional Development:

- Signs of Safety (SoS) (Bexley CSC, 2018)
 - Incredible Years Group Leader (Early Years and School Age) (Kings College London 2015)
 - Parent Child Game (Kings College London, 2015)
 - Supervisor Training – Salomons, Canterbury Christchurch University (2012)
 - KEEP Foster Carer Training Group Facilitator (Oregon Social Learning, 2012)
 - Received specialist psychodynamic supervision for intervention for emerging personality disorder (2011-2012, 2015)
 - Mindfulness Based Cognitive Therapy Group Facilitators Course (Oxleas NHS Trust/Oxford, 2011)
 - CBT for Psychosis (Oxleas NHS Trust, 2011)
-

Research and Publications:

- Supervised trainee clinical psychologist research “Influences on help-seeking behaviour of young males who self harm” 2012
- Doctoral research using Grounded theory “Alcohol use as a way of returning to pre-injury lifestyle in Traumatic Brain Injury survivors” 2009