
Dr Claire Buky-Webster Chartered Clinical Psychologist



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Health Professions Council Registration: **PYL31748**

Profile:

Dr Buky-Webster has been working in the field of mental health since 2008. After qualifying as a clinical psychologist, she has specialised in the area of children and families, in particular, with looked after children and those on the edge of care, as well as their parents. She undertakes a range of assessments and interventions with children, adolescents and parents, and also uses these skills and experience in her independent practice. This includes undertaking expert witness assessments in the areas of Family, Criminal and Civil Law.

Areas of Expertise:

- Fostering and adoption
- Care proceedings
- Mental health assessments of children of all ages
- Assessment of attachment
- Developmental trauma (impact of abuse)
- Assessment of parents/parental risk assessments
- Parental mental health and substance misuse and the impact on children
- Cognitive assessments of children, adolescents and adults
- Placement and treatment recommendations

Employment History:

May 2015- present: Clinical Psychologist, London Borough of Hammersmith and Fulham, Children's Services.

- Working alongside social workers in the Looked After Children and Family Support and Child Protection teams, providing assessments (including assessments of learning disability, parenting, mental health, risk), family therapy and individual therapy for both children and their parents or carers.
- Practice using evidence-based interventions such as Cognitive Behaviour Therapy and Video Interaction Guidance (VIG).
- Use of systemic therapy, and gained a diploma in Systemic Practice in 2017.
- Works with many different presenting problems, including moderate to severe mental health presentations in parents.
- Responsible for the supervision of trainee psychologists and assistant psychologists.

November 2015 - present: Clinical Psychologist, Independent Practice.

- Assessment and therapy to adolescents, adults and families.
- Experienced in working with a range of difficulties including depression, anxiety and trauma.
- Use of CBT and third wave therapies such as Acceptance and Commitment Therapy (ACT).
- Offers Eye Movement Desensitisation and Reprocessing (EMDR).
- Conducts private Autism Spectrum Disorder (ASD) assessments.
- Assessments that are in line with NICE guidelines, whilst being clear about our limitations.

October 2014 – May 2015: Clinical Psychologist, London Borough of Southwark.

- Provided complex parenting assessments considering issues such as cognitive functioning, attachment and mentalization capacity, to inform social work planning and intervention.
- Helped implement a systemic social work model, within a team of eight social workers. This work included facilitating reflective practice in social work supervision as well as joint work with families.

February 2014 – October 2014: Trainee Clinical Psychologist, London Borough of Hackney, Children and Young People's Service.

- Involved in providing psychological assessments for children under child protection plans, contributing to court reports and engaging in long term psychological work.
- Therapeutic models such as Dyadic Developmental Psychotherapy as well as Systemic Theory to influence my work was used.
- Provided psychological consultation to social workers within Hackney Social Services.

April 2013 – October 2013: Trainee Psychologist, Basingstoke Integrated Learning Disability Team.

- Work included conducting comprehensive psychological assessments, providing consultation to social workers and some short-term psychological therapy with service users.
- **October 2012 – April 2013: Trainee Clinical Psychologist**, Portsmouth, Children and Adolescent Mental Health Service.
- Neuropsychological testing, comprehensive psychological assessments and individual therapy. I was also involved in a family therapy clinic.
- Helped to run a group for children with anxiety and depression.

March 2012 – October 2012 : Trainee Clinical Psychologist, Portsmouth Chronic Pain Service.

- Working with people with chronic pain. I predominantly used Acceptance and Commitment Therapy (ACT) for individual therapy with patients.
- Involved in a Pain Management Program and Mindfulness groups.

October 2011 – February 2012: Trainee Clinical Psychologist, Basingstoke Community Mental Health Team.

- Working in a psychiatric inpatient unit and crisis resolution home team.
- Provided psychological therapy for inpatients and outpatients and conducted brief psychological assessment.
- Involved in running a DBT group focusing on emotion regulation skills.

September 2009 – September 2011: Psychological Wellbeing Practitioner, Westminster, Improving Access to Psychological Therapies.

- Providing Cognitive Behaviour Therapy to working age adults with mild to moderate depression and anxiety.

September 2008 – September 2009: Psychological Wellbeing Practitioner, Hastings, Improving Access to Psychological Therapies.

- Primarily providing telephone-based guided self-help for those with mild to moderate depression and anxiety.

Personal Qualifications:

February 2017 – October 2017: Post Graduate Diploma, Systemic Practice – Merit, Institute of Family Therapy.

September 2011 – January 2015: Doctorate, Clinical Psychology Southampton University.

September 2008 – September 2009: Post Graduate Certificate, Psychological Wellbeing Practice (CBT) – Distinction, Canterbury Christchurch University.

September 2004 – June 2008: Bachelor (Hons), Psychology – 2:1, Bournemouth University

Continued Professional Development:

- Bond Solon, Expert Witness Courtroom Skills, April 2014
- Institute of Family Therapy, Brief Systemic Interventions, September 2014
- Institute of Family Therapy, Systemic Interventions for Children who are Looked After, October 2015
- Anna Freud Centre, Parenting Approaches, Attachment & Mentalization, January 2016
- Anna Freud Centre, Motivational Interviewing, February 2016
- *Women and Girls Network, Child Sexual Exploitation: A Trauma Focused Approach, May 2016*
- *Tavistock and Portman NHS Trust, Video Interaction Guidance, May 2016*
- *Workshop for new supervisors, University College London, September 2016*
- *Hogrefe LTD, Introduction to ADOS-2, September 2017*
- *Richman EMDR Training LTD, EMDR training Part 1, February 2018*
- *Systemic supervision training, University College London, March, 2018*