

Dr Anna May
BSc (Hons), DClinPsychol
Clinical Psychologist



Health Professions Council Registration: **PYL34096**

Profile:

Since qualifying as a clinical psychologist, Dr May has specialised in the field of child and adolescent mental health, specifically Looked After Children. She has experience of assessing and treating the full range of child and adolescent mental health difficulties. Dr May's area of interest and expertise is in supporting children with attachment difficulties and adverse childhood experiences (ACEs), and their families. She works closely alongside other professionals in the system around the child and provides additional support in the way of training and supervision. In addition to her clinical commitments, Dr May also undertakes assessments as an expert witness.

Areas of Expertise:

- Care proceedings
- Custody disputes
- Cognitive and psychological assessment of children and adolescents
- Impact of parental mental health difficulties on children
- Attachment to parents and siblings and impact of separation
- Assessment of child and adolescent mental health
- Parenting assessments
- Psychological therapy for child, adolescent and adult mental health problems

Employment History:

June 2018 - present: Clinical Psychologist, Independent work with children, young people, families & professionals, Warwickshire.

- In depth psychological assessment of children and young people with a range of difficulties, clinical formulation and recommendations for intervention.
- Working with professionals to develop a shared understanding of an individual's presentation and needs, in the context of their early experiences.
- Delivering therapeutic interventions to young people and their families, predominately within an attachment, DDP informed framework.
- Offering training and consultancy to a range of professionals and external agencies.
- Providing input into schools (mainstream and specialist), supporting staff and children with a range of presenting difficulties.
- Providing clinical supervision to a range of professionals supporting young people with complex needs.

- Comprehensive report writing

October 2016-present: Clinical Psychologist, Looked After Children, Horizon Care & Education Group, Leicestershire.

- Undertaking comprehensive psychological assessments of children and young people in the looked after care system
- Writing detailed psychological reports to share with other professionals working to support children and young people, with recommendations for intervention
- Developing detailed therapeutic support plans to support staff in their care of young people
- Providing supervision, consultancy and training to residential care staff/schools
- Liaison with external agencies and professionals supporting the system around the child
- Providing clinical supervision to other members of the psychology team
- Contributing to service planning, development of procedures and execution of policies
- Attending professionals' meetings for children in the looked after care system to support decisions made around future care provision
- Working closely with other professionals in the system to assess and manage risk

September 2013 – September 2016: Trainee Clinical Psychologist, Coventry & Warwickshire Partnership NHS Trust.

- Placements undertaken in a wide range of services supporting children, adults and older adults with the full spectrum of mental health difficulties
- Undertaking comprehensive assessments with individuals of varying age and difficulty, in a range of settings
- Comprehensive report writing for individuals, families and professionals
- Providing therapeutic interventions to individuals and groups, drawing on a range of therapeutic models and approaches

February 2010 – December 2012: Assistant Psychologist (Looked After Children), Midlands Psychology CIC, Staffordshire

- Supporting with the assessments of children, young people and adults commissioned for the family court.
- Providing support, training and consultancy to residential care staff
- Providing tailored, one-to-one therapeutic interventions to young people in the looked after care system
- Developing and facilitating training packages to support staff caring for children in looked after services

Personal Qualifications:

September 2013-September 2016: Doctor of Clinical Psychology – Coventry & Warwick Universities

September 2006 – September 2009: BSc (Hons) Psychology – University of Hull

Continued Professional Development:

- Dyadic Developmental Psychotherapy (DDP)
- Building Underdeveloped Sensory Systems in Traumatized Children