

Dr Alicia Colbridge

BSc (Hons)., MSc, ClinPsyD

Clinical Psychologist



Health Professions Council Registration: PYL33719

Profile:

Dr Alicia Colbridge is a Clinical Psychologist and has been working in the field of mental health since 2009. She is currently employed within Hertfordshire County Council's Family Safeguarding Team. She specialises in the area of children and families, in particular with children who have been permanently excluded from primary school, with looked after children and those on the edge of care and their parents. She undertakes a range of assessments and interventions with children and parents, including cognitive assessments, parenting assessments, and working with developmental trauma and attachment difficulties in children, families and their wider networks. In addition to her clinical commitments, Dr Colbridge is available for the full range of assessments in Family and Criminal Law.

Areas of Expertise:

- Fostering and adoption
- Care proceedings
- Psychological assessments of parents
- Assessment of child, adolescent and adult mental health.
- Attachment difficulties, including assessment and interventions
- Developmental trauma (impact of abuse)
- Parenting assessment and interventions
- Parental mental health and the impact on children
- Cognitive assessments of children, adolescents and adults

Employment History:

November 2019- present: Clinical Psychologist (band 8a), Hertfordshire Family Safeguarding Team

- Assessment of parents whose children are on a Child in Need plan, Child Protection Plan or Public Law Outline. Assessments include the mental health needs of the parents, personality difficulties, relationship difficulties, assessments of the parent's relationship with their children and assessment of parent's ability to meet the needs of the children in their care.
- Therapeutic interventions with parents.
- Consultation to social workers, working with families affected by mental health.

October 2016 – November 2019: Clinical Psychologist (band 7) Ealing Primary Behaviour Service

This service worked with primary school children who had been permanently excluded from primary school. Most children had a very complex presentation and many were on Child Protection Plans, Child in Need or

looked after children.

- Specialist, extended psychological assessments (including risk assessment) of parents and children from a variety of sources including psychological and specialist neuropsychological tests, self-report measures, observation and semi-structured interviews with children, family members and others within the system. This included assessment of parent-child relationships and safeguarding risk.
- Intensive interventions, including long-term individual therapy (play-based, CBT, trauma focused, narrative, integrative), group (multi-family mentalisation group), parenting interventions and parent-child interventions.
- Providing specialist psychological advice, guidance, supervision and consultation to other professionals within the system and training within schools and social services.
- Supporting transition between primary school and secondary school.
- Supervising assistant psychologists, trainee clinical psychologists and school staff.

April 2016 – September 2016: Trainee Clinical Psychologist, Greenwich CMHT and Inpatient services for Older adults.

- Assessment, formulation and interventions for a range of clients with functional and/or organic difficulties, including carers and couples in distress.
- Facilitating reflective practice groups for ward staff.

September 2015 – April 2016: Trainee Clinical Psychologist, Carelink CAMHS for Looked After Children.

- Specialist therapeutic assessments with the use of a team behind a one-way mirror.
- Complex assessments including neuropsychological tests and school observations.
- Interventions with young people and sessions for foster carers.
- Consultations to the networks.

April 2015 – September 2015: Trainee Clinical Psychologist, Bromley Learning Disability Team

- Assessment and formulation.
- Narrative therapy, both individual and group.
- Working with families and carers drawing particularly on systemic interventions.
- Positive behaviour support plans
- Dementia assessments

October 2014 – April 2015: Trainee Clinical Psychologist, Southwark CAMHS, Under 12's Team.

- Assessment (including cognitive assessments)
- Interventions with children and their families, including individual and systemic CBT. Often working with interpreters.
- Co-facilitating the parent-child game.

November 2013-September 2014: Assistant Psychologist, Northover CMHT (psychosis CAG)

- Conducting assessments (including cognitive assessments)
- CBT interventions for adults with psychosis. Co-facilitating a recovery group,
- Teaching to the third sector and consultation to staff at a residential home.

April 2013-September 2013: Assistant Psychologist,

Greenwich Community Learning Disabilities Team (setting up the first IAPT for people with learning disabilities).

- CLDT - Assessments and interventions with adults with LD and mental health difficulties. Service user projects.
- IAPT-LD - developing service protocol, service promotion, literature searches and adapting resources. Once the

service was up and running, I conducted assessments and brief interventions with adults with LD and their carers, using adapted CBT.

September 2011-April 2013: Assistant Psychologist, Greenwich CAMHS Early Intervention in Schools Team

- Assessment, including school observations and interventions with children and parents. Interventions included individual and systemic CBT with young people and their families. Interventions were also informed by the Incredible Years Programme.
- Participation in a Family therapy reflecting team.
- Consultation to school staff and parents.
- Devising and delivering parent workshops within schools.
- Qualitative and quantitative analysis of outcome measure and feedback forms, producing quarterly and annual reports for commissioners.

August 2010-September 2011: Assistant Psychologist, Research pilot project with older adults in Sutton.

- The pilot project was with older adults with long term chronic medical illness. The aim was to reduce costly elective admissions to A&E by this particular population by providing psychological assessment, formulation and intervention for anxiety and depression.

December 2009-August 2010: Graduate Mental Health Worker, Croydon PCT.

- Delivering low intensity individual cognitive behavioural therapy based interventions at step 2 within the local IAPT team.
- Co-facilitating low and high intensity group CBT interventions specifically for depression, anxiety, panic and phobia, low self-esteem and insomnia.

Personal Qualifications:

October 2013-September 2016: Professional Doctorate in Clinical Psychology – Canterbury Christ Church University

2008-2009: MSc Developmental Psychopathology, (Merit), Durham University

2005-2008: BSc (Hons) Psychology, 2:1 – University of York

Publications:

Colbridge, A. K., Hassett, A., & Sisley, E. (2017). Who am I? How female care leavers construct and make sense of their identity. *Sage Open*, 1-14.