
Dr Antonina Martin

BSc (Hons), DClinPsychol

Clinical Psychologist



Health Professions Council Registration: **PYL31455**

Profile:

Dr Martin is a Clinical Psychologist specialising in the area of children, adolescents, parents and families, and is currently employed within Hackney's Children and Family Services. She has specialist expertise working with families in which there are child protection concerns. This includes assessing parental risk, parenting capacity and the impact of mental health and/or learning disabilities upon parenting, as well as the impact of trauma, abuse and neglect on a child's development. She also has extensive skills and experience providing evidenced-based psychological interventions with children and adults following traumatic experiences, including developmental trauma and childhood abuse. In addition, Dr Martin routinely works with children, young people and adults with neurodevelopmental difficulties such as autism spectrum disorders and learning disabilities. Alongside her clinical commitments, Dr Martin completes independent assessments in all aspects of family, criminal and civil law.

Areas of Expertise:

- The impact of learning disabilities, mental health, domestic violence and substance misuse on parenting
- Psychological assessment of children and adolescents
- Risk of current and future abuse
- Attachment
- Exploitation of children
- Cognitive functioning in children, adolescents and adults/parents
- Neuropsychological functioning/Attention and concentration difficulties
- Children's academic attainment

Employment History:

February 2016 - present: Clinical Psychologist, London Borough of Hackney Children and Families Services.

- direct support to families, clinical consultation to the Social Work Units and training to staff and foster carers.
- work with children and families across the whole of Children's Social Care where there are concerns about a child's emotional wellbeing, behavior, development or mental health; within the context of presenting

difficulties including abuse and neglect, developmental trauma, relationship and attachment difficulties, deliberate self-harm and substance misuse problems.

April 2018 - present: Independent Clinical Psychologist.

- assessment and therapy to adolescents, adults and families in East London.
- experience of dealing with a range of difficulties including depression, anxiety, relationship problems and some with a history of trauma.
- work with children who may be having difficulties with friendships, emotions or behaviour, or life events such as parental separation, bereavement and loss.
- integrative approach to therapy, drawing on Systemic theory, Cognitive-Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Psychodynamic approaches to tailor each intervention to the needs of the individual.

October 2014 – February 2016: Clinical Psychologist, London Borough of Southwark, Children's Services.

- worked within a systemic framework providing clinical expertise to assist social work practice groups to manage risk and improve outcomes for children and their families.
- provided consultation and clinical expertise to social work colleagues and other professionals and also worked as part of a central clinical team providing a clinical assessment and therapeutic service to the most vulnerable children and their families.

April 2013 – September 2014: Trainee Clinical Psychologist, Andover CAMHS.

- provided psychological therapies to children and young people who have difficulties with their emotional or behavioural wellbeing.
- worked in collaboration with a child psychodynamic psychotherapist we successfully piloted a parent-child psychotherapy intervention.

October 2012 – April 2013: Trainee Clinical Psychologist, Basingstoke, Integrated Learning Disability Team.

- conducted comprehensive psychological assessments, providing consultation to social workers and some short-term psychological therapy with service users.

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

- worked 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.

2011: Trainee Clinical Psychologist, Basingstoke, Neuropsychological Community Team.

- worked with work with people who have, or who were thought to have, illnesses or injuries that affect the function of the brain or central nervous system. These included illnesses and injuries such as: strokes, traumatic brain injury, Multiple Sclerosis, Parkinson's disease, Dementia and functional neurological symptoms.

Research Assistant, Bournemouth NHS CAMHS.

- disseminated and collected pre and post outcome measures to form part of the CAMHS Outcome Research Consortium (CORC) project.
- carried out effective collection, analysis and management of data, which was key to the success of the project.
- assisted in clinically related administration, conducted audits, and carried out teaching on the importance of

the use of outcome measures in therapeutic work.

Assistant Clinical Psychologist, Bournemouth NHS Learning Disability Service.

- contributed to the provision of a psychological therapies service to clients, their families and carers.
- delivered therapeutic work, the role involved working with staff teams supporting highly complex cases.
- completed cognitive assessments and offered consultation on relevant aspects of the needs and care of clients and the systems around them in order to contribute to formulations and management plans of needs and risk with appropriate support and supervision.

Rehabilitation Assistant, The Royal hospital for Neurodisability.

- formed part of a multidisciplinary team providing rehabilitation to individuals who had acquired a traumatic brain injury.
- worked within a systemic model providing holistic support with the aim of helping clients achieve their optimal level of independence.

Personal Qualifications:

September 2011-September 2014: Doctor of Clinical Psychology – Southampton University

September 2004 – September 2007: BSc (Hons) Psychology, 2:1 – University of Kent

Continued Professional Development:

- ACT Essentials (Acceptance and Commitment Therapy training) – Russ Harris - 2012
- Expert Witness training – The British Psychological Society - 2015
- Story stem assessment profile (SSAP) training – The Anna Freud Centre - 2015
- The Parent Child Game – London Borough of Hackney - 2018
- Workshop for new supervisors, University College London - September 2016
- Attachment & Psychopathology – Dr Patricia Crittenden at The Tavistock Centre - December 2017
- Systemic supervision training, University College London - March 2018