
Dr Gemma Cheney

BSc (Hons)., ClinPsyD

Clinical Psychologist



www.hpc-uk.org

Health Professions Council Registration: **PYL27170**

Profile:

Dr Gemma Cheney is a chartered and registered clinical psychologist and has worked in mental health services for 13 years, qualifying as a clinical psychologist in 2011. Dr Cheney is currently working in a Child and Adolescent Mental Health Service/Looked After Children Team (LAC), and is highly experienced in working with people with a range of mental health difficulties, including anxiety and depression; as well as more complex presentations, such as high risk and self-harming behaviours, and experiences of trauma, neglect and abuse. Dr Cheney leads a national network of experts in the field of mental health assessment and intervention for Looked After Children within the British Psychological Society. In addition to this, and her clinical commitments, she provides expert witness services in the areas of Family, Criminal and Civil Law.

Areas of Expertise:

- Care proceedings
- Assessment of child and adolescent mental health
- Psychological assessments of parents
- Cognitive assessment of adults, children and adolescents
- Specialist expertise in learning difficulties, domestic violence, abuse, drug and alcohol misuse, mental health difficulties
- Looked after children
- Developmental trauma
- Immigration and asylum
- Pre-sentencing assessments
- Psychological therapy for child, adolescent and adult mental health problems

Employment History:

October 2017- present: Principal Clinical Psychologist, East London Foundation.

- Operational and strategic lead for multidisciplinary Looked After Children (LAC) team, working in embedded posts within Children's Social Care and in CAMHS.
- Audit lead for the trust in CAMHS, co-ordinating mandated and voluntary audits in each locality and feeding back to Trust executive.

- Outcomes lead for the clinic, bridging ideological divide between clinicians, leadership team, commissioners and administrative staff to achieve best practice aims collecting and making use of outcome information.
- Conducting highly specialist psychological assessments of children and families based on the appropriate use, interpretation and integration of complex data from multiple sources.
- Consulting to colleagues in Children's Social care on complex individual and team work, holding a reflective space in the context of hugely distressing information. Representing mental health needs at Corporate Parent Council meetings.
- Delivering individualised training packages for social workers, nursing staff and other therapeutic practitioners.
- Generating, through co-production, new clinical pathways for Unaccompanied Asylum Seeking Young People and young people Leaving Care to better meet their mental health needs and promote emotional wellbeing.
- Lead on recruitment for new psychological workforce following successful bid to improve access to the service.

February 2014 – September 2017: Highly Specialised Clinical Psychologist, West London Mental Health.

- Managed, led and supervised a team of clinicians providing psychological services to children in care to support emotional wellbeing and promote placement stability.
- Conducted highly specialist psychological assessments of children and families based on the appropriate use, interpretation and integration of complex data from multiple sources. Formulated dynamically, and implemented a range of interventions across the system, drawing on a range of theoretical understandings and clinical skill sets including CBT and systemic approaches.
- Developed strategies to ensure the team is evaluated work sensitively and effectively, with respect to the needs of the individual, as well as NHS and local council agendas.
- Offered individual and group consultation to a range of professional and non-professional colleagues.
- Developed and delivered both regular and bespoke training packages on a variety of topics (attachment, executive function, communication skills, understanding behaviour, permanency in placement planning) to a variety of audiences.
- Worked alongside senior local authority managers to strategise, find support for a successful financial bid to the Department of Education, develop and realise a new Therapeutic Fostering project within the local authority.

January 2012 – February 2014: Clinical Psychologist, Kids Company.

- Clinical Lead on the Flourish programme, from inception to practical realisation and deployment of a charity-wide programme of assessment, case discussion, activities and record keeping, to support resilience and development of life skills in the absence of adequate parental care and attachment.
- Therapeutic key worker and consultant to keyworkers, the assessment team and the Safeguarding Team regarding causes for concern raised at the street level centre, supported risk assessment, formulation and care planning before advising on necessary actions required.
- Offered training across the whole staff team on topics ranging from Risk Assessment, Service User experiences, Personality Disorders, Working with Culture and Family Work.
- Member of the neurodevelopmental assessment pathway within the charity which involved offering complex and comprehensive assessments and formulations for young people and adults with cognitive difficulties.

- Psychology placement co-ordinator, which included responsibility for liaison with course representatives, interviewing and selecting trainees and ensuring that they were able to achieve the required competencies within their placements, as well as providing supervision.

2008 – 2011: Clinical Psychologist in Training, Humber Mental Health trust

Relevant placements include:

Child, Adolescent and Family Mental Health Service, Limetrees, York

- Worked within a multidisciplinary team (MDT) with children, adolescents and families who sought assistance from the service for a variety of difficulties. These varied from phobias, social anxiety and low mood to extensive attachment difficulties and deliberate self-harm.
- Practiced from a primarily systemic orientation, including as part of a fortnightly family therapy team.
- Offered both individual interventions with children, young people and their families and consultation to professional systems including social workers and schools.
- Contributed towards a psychoeducational and therapeutic group programme for families with children who had an Autism diagnosis.

Co-presented teaching session on the BSc Psychology course at the University of York entitled 'Consent and Confidentiality when working with Children and Families.'

Harrogate Learning Disabilities Service, Wetherby Road, Harrogate

- Worked within a CBT model with people with a learning disability, their carers and the other services involved in supporting their wellbeing.
- Utilised a non-verbal therapeutic approach informed by Intensive Interaction.
- Conducted comprehensive functional analyses, writing full reports and feeding results back to the MDT.
- Worked with formal psychometric assessments to ascertain an individual's cognitive profile.
- Developed and delivered a teaching session addressing the communication needs of people with Learning Disabilities to the staff team of a residential home.

St Andrews Therapeutic Community and Intensive Group Programme, York

- Participated fully in an intensive group programme for people with people with complex and chronic problems, usually with some interpersonal difficulties. Groups included analytic therapy, business, drama and art therapy as well as social milieu.
- Offered brief individual psychodynamic therapy.
- Gave fortnightly supervision to the community recovery MDT on issues related to their work and caseload.
- Participated as a member of a peer review team for the accreditation of Francis Dixon Lodge, Leicester by the Community of Communities (Royal College of Psychiatrists).

Paediatric Neuropsychology (Metabolic team), Great Ormond Street Children's Hospital, London

- Conducted full neuropsychological assessments in a clinical setting.

- Worked within a diverse multicultural population.
 - Consulted to a wide range of professionals, including running outreach clinics in local CAMHS services and schools.
 - Offered individual therapy based around the CBT model around issues of adherence, adjustment and chronic illness.
 - Developed expertise in engaging populations who find traditional health services hard to access.
-

Personal Qualifications:

- 2003: A levels AAAA (English Literature, Maths, Biology, Fine Art)
 - 2007: BSc (Hons) Psychology, University of York, 2:1 (69.5)
 - 2008: PGCert Mental Health, University of York, Pass
 - 2011: Doctorate in Clinical Psychology, University of Hull, Pass
-

Professional Development

- 2012 Supervisors workshop, UEL, 1 day
 - 2016 Advanced supervisors workshop, UEL, 1 day
 - 2015 Dyadic Developmental Psychotherapy level 1, Kim Golding, 4 days
 - 2016 Dyadic Developmental Psychotherapy level 2, Julie Hudson, 4 days
 - 2016 Nurturing Attachments Train the Trainer, Anne-Marie Tipper, 3 days
 - 2018 Dialectical Behaviour Therapy Essentials, Association for Psychological Therapies, 3 days
 - 2019 Introduction to Non-Violent Resistance, Toby Humphreys, 2 days
 - 2019 Video Interaction Guidance, Tavistock, 2 days
 - 2019-2020 Quality Improvement Leadership, ELFT, 10 days (6 months)
-

Professional Activities

- Member of British Psychological Society and Health Care Professions Council
 - National Chair of Network of Clinicians and Professionals working with Looked After and Adopted Children
 - Small private practice delivering evidence based and integrated intervention to young people, young adults and families.
 - Visiting lectureship at Royal Holloway and University of East London
 - Research interests focus on investigating ways to support young vulnerable people
 - Presented at National and International conferences
 - Trustee of charity Free to Be Kids with responsibility for Safeguarding and Evaluation
-