

Dr Michelle Daniels

BA (Hons), MSocSc, DclinPsy

Clinical Psychologist



Health Professions Council Registration: **PYL31325**

Profile:

Dr Daniels has 10 years experience in the NHS where she has worked with individuals, families, parents, and groups across the age range. She currently works with adolescents and adults experiencing recurrent and enduring psychological difficulty, relational disturbance and social isolation. She also works with parents and families with adolescent children experiencing high risk and discord, often including current and historical involvement with the police, children's social care and other mental health services. The adults she works with frequently present with complex histories of childhood trauma, displacement, and/or significant familial dysfunction and rupture. Her work with adolescents includes assessments of risk, safeguarding, the consideration of parent-child relationships and attachment, as well as adolescent therapy, parent support and professional liaison. Dr Daniels' experience with individuals across the lifespan gives her the appropriate skills and abilities to complete the full range of assessments for children, adolescents and adults/parents as an expert witness in family and criminal law.

Area of Expertise:

- Fostering and adoption
- Care proceedings
- Mental health assessments of children, adolescents and adults/parents
- 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
- Autism/neurodevelopmental difficulties
- Cognitive assessments of children, adolescents and adults
- Placement and treatment recommendations

Employment History:

July 2020 – Present: Independent Psychotherapy Practice, Reading, West Berkshire.

- Running a small private practice, where I see adults experiencing mild to moderate psychological difficulty.
- Offers consultations to parents of young adults.

November 2018 – present: Clinical Psychologist in Psychoanalytic Psychotherapy, Adult Complex Needs Service, Adult and Forensic Directorate. Tavistock and Portman NHS Foundation Trust, Tavistock Centre.

- Specialist Clinical Psychologist with adults and older adults experiencing chronic and often severe emotional and relational disturbance. Many of these patients are themselves parents or experience long-standing difficulty relating to their early/ family lives, familial disruption, and childhood trauma.
- Undertakes complex mental health assessments, including that of need, risk and likelihood to benefit from psychotherapy. This also involves signposting to, and liaison with, other services and professionals.
- Offers short and long-term psychoanalytic psychotherapy.
- Forms part of the Adult Complex Needs Intake Team where we consider new referrals into the Service from GPs and other professionals. This involves liaison with referrers and patients as well as consideration of issues relating to drug and alcohol misuse, risk, and safeguarding, as factors potentially interfering with the efficacy, and safety, of therapeutic treatment.
- Supervises of Trainee Clinical Psychologists completing their final year placement towards their Doctorate in Clinical Psychology (DClinPsy).

April 2015 – present: Clinical Psychologist in Psychodynamic Psychotherapy – Adolescent and Young Adult Service (AYAS), Specialist Psychoanalytic Therapies Service for Adolescents and Young Adults. Tavistock and Portman NHS Foundation Trust, Tavistock Centre.

Clinical Psychologist working with adolescents and young adults between up to the age of 25 (at times up to 30 years old) experiencing complex and long-standing relationship difficulties, anxieties, personality and mood disorders.

- Offers individual, group and family psychotherapy to adolescents and their families. This involves handling risk and the initiation of safeguarding procedure as needed.
- Co-chairs and work within our Psychoanalytic Family Therapy supervision workshop where we work with families including an adolescent or young adult child and their parents and siblings. These are often chaotic and high-risk families with extensive and complicated histories of social care, sometimes police, and mental health service involvement.
- Works with parents of adolescent children, in support of their capacity to understand and communicate with their child who is exhibiting signs of distress often with some degree of self-/destructive behaviour.
- Offers Trainee Clinical Psychologist assessment supervision.

October 2014 – December 2015: Clinical Psychologist – Gender Identity Development Service (GIDS) Tavistock and Portman NHS Foundation Trust, Tavistock Centre.

Previously worked as part of the national Gender Identity Development Service (GIDS) at the Tavistock Centre. This is a child and adolescent mental health service aimed at supporting children and adolescents who are questioning their gender identity and possibly experiencing gender dysphoria.

- Conducted comprehensive assessments with children and adolescents between the ages of 5 and 18 and their parents', aimed to consider the child's potential need for physical and psychological (including systemic) intervention relating to gender dysphoria.

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- Extensive liaison with other professionals involved with these families including those in health/endocrinology, schools, children's social care, and child and adolescent mental health (CAMH) services.
 - Detailed report writing was a fundamental task.

October 2013 - September 2014: Trainee Clinical Psychologist- Adolescent and Young Adult Service (AYAS) Specialist Adolescent and Adult Mental Health Service (SAAMHS). Tavistock and Portman NHS Foundation Trust, Tavistock Centre.

- Undertook assessments for psychological therapy, as well as cognitive assessment, and to see patients for once-weekly psychodynamic psychotherapy.
- The adolescent and young adult patient group supported by this service are referred by both primary and secondary care services across North London for specialist, frequently longer-term, psychodynamic/analytic interventions for complex and long-standing relationship, emotional, and personality difficulties.
- Conducted cognitive assessments when requested by the Service.

April 2013 – September 2013: Trainee Clinical Psychologist - Harrow Older People and Healthy Ageing Community Mental Health Team. Central North West London NHS Foundation Trust

- Assessments (of functional and organic disturbance, including cognitive assessment) as well as individual and group therapeutic work with older people experiencing severe and enduring mental health difficulties. Patients primarily presented with complex and chronic emotional distress, frequently long-standing histories of relational difficulty, coupled with physical ill health and cognitive impairment.

October 2012 – March 2013: Trainee Clinical Psychologist – Harrow Child and Adolescent Mental Health Service (CAMHS). Central North West London NHS Foundation Trust.

Within a Tier 3 CAMHS service for children and young people aged 5 to 18 years old, Dr Daniels gained experience of undertaking comprehensive assessments of children and young people's emotional needs and potential difficulties.

- Meeting with children and their families for extended assessment sessions in the clinic, and undertaking home visits, observations, and autism assessments using the ADOS.

October 2011 – September 2012: Trainee Clinical Psychologist – Uxbridge Adult Community Mental Health Team (Adult CMHT). Central North West London NHS Foundation Trust.

- Worked with adults experiencing both acute and severe and enduring mental health difficulties including borderline personality disorder, anxiety, health anxiety, generalised anxiety disorder, depression, bulimia, OCD, and psychosis.
- Worked was both within an out-patient as well as in-patient setting.

October 2010 – August 2011: Assistant Psychologist – Islington Child and Adolescent Mental Health Service (CAMHS), Whittington Health NHS Trust.

- Service monitoring and auditing of a CAMHS in schools project aimed at promoting the early detection and intervention of potential or emerging emotional difficulties in primary school children. Much of this work took place in schools.
- Ran a small clinical caseload (primarily using CBT and narrative therapy approaches).
- Undertook file-based assessments within the Fostering and Adoption team, as well as within the Neuro-Developmental team, undertaking school observations and cognitive assessments of pre-and school-aged children using the WPPSI and WISC.

February 2009 – September 2010: Assistant Psychologist - Luton and Bedfordshire Child and Adolescent Mental Health Service (CAMHS). South Essex Partnership NHS Foundation Trust.

- Worked across three areas of the Service: primary CAMHS, the Early Intervention in Schools (EIPS) programme, and the Parent-Infant Psychotherapy Service (PIPS).
- Supported the development of these services by helping to monitor service outcomes, training (specifically, a Systemic Consultation Training developed for the service) and to compile reports to facilitate the commissioning of new services.
- Employed both quantitative and qualitative research methods to explore local population needs, audit service outcomes, and collate feedback from key stakeholders, including the staff group, on service delivery.
- Held a small clinical caseload working using CBT with adolescents experiencing anxiety and depression as well as working psychodynamically with parents and their infants, and to conduct nursery and school observations.

Personal Qualifications:

- 2011 - 2014** Doctorate in Clinical Psychology (DClinPsy), Royal Holloway, University of London
Thesis subject regarded mediating factors in adolescent / young adult depression and social media use.
- 2007 - 2009** Masters in Social Science (MSocSc), University of Cape Town, South Africa
Researching the cognitive profile of autism spectrum disorders in children.
- 2006** Bachelor of Social Science Honours year (BSocSc Hons)
University of Cape Town, South Africa
Clinical Psychology specialism
- 2002 - 2005** Bachelor of Arts (BA)
University of the Witwatersrand, Johannesburg, South Africa
Majoring in Psychology and English Literature

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Professional Development:

- 2018 - present** Interdisciplinary Training in Adult Psychotherapy, Tavistock and Portman NHS Foundation Trust
- 2018 - present** Dynamic Interpersonal Therapy (DIT) training, Anna Freud Centre
- 2015 - 2017** Intercultural Psychodynamic Psychotherapy (qualifying training), Tavistock and Portman NHS Foundation Trust
- 2016** Children and Young People's Improving Access to Psychological Therapies (CY-IAPT) Interpersonal Psychotherapy for Adolescents (IPT-A) Post-Graduate Diploma, UCL/Anna Freud Centre
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