



**Dr Rachel Falk B.Sc., M.Sc., D.Clin.Psych.,
Clinical Psychologist**



Health Professions Council Registration: **PYL32349**

Since 2005, Dr Falk has specialised in working with children and families across a broad range of settings in the UK and abroad. She currently works in a specialist CAMHS service for looked after or adopted children or children on the edge of care or custody. She has honed her skills in the assessment of trauma and attachment across all age groups using evidence-based assessment measures. She also works therapeutically with children, their carers as well as the networks of support around them. She works with non-English speaking children in cases of immigration or asylum.

FAMILY LAW EXPERTISE

- Assessment of children of all ages at risk of harm or developmental difficulty
- Assessment of risk factors within families that contribute to developmental harm, including mental health problems, learning difficulties, substance misuse and domestic violence
- Assessment of trauma, separation, attachment and loss and the developmental impact on children.
- Sibling attachment for 'together or apart' assessments
- Assessment of family capacity to change through intervention
- Differential diagnosis of neurodevelopmental disorders including autistic spectrum conditions and attention deficit disorders
- Assessment of mental capacity and learning difficulties in children and their carers
- Working with unaccompanied immigrant children and non-English speakers

THERAPEUTIC EXPERTISE

- Dr Falk specialises in working therapeutically with children and their families and the systems of support around them.
- She works extensively with children with complex trauma, mental health, behavioural and learning needs.
- She draws on a broad range of therapeutic interventions including psychodynamic and systemic (family) therapies.
- She trained and qualified as an art psychotherapist in the Republic of Ireland, and uses creative approaches in her assessment and therapeutic work.
- She also trained as a yoga teacher and uses the body and movement in therapy when helpful and appropriate.

WORK HISTORY

May 17 Clinical Psychologist, Greenwich CAMHS Specialist Looked After Children/Edge of Care (LAC/EOC) Team, Oxleas NHS Trust.

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Clinical Psychologist working in a specialist assessment and intervention team with looked after and adopted children and those on the edge of care. Brief and long-term work with children and their carers, birth families and wider networks. Including neuropsychological assessments, evidence-based and creative interventions, parenting interventions, contributing to court assessments, offering clinical consultation to social workers. Providing supervision and training.

2015-17: Clinical Psychologist, Specialist Family Support Service – Enhanced Team, Islington Council.

Clinical Psychologist working in a court assessment and intervention team, based in Childrens' Social Services. Drawing largely on systemic and psychodynamic approaches to complete, attachment and trauma informed, assessments for court, and offer short-term therapy using evidence-based and creative approaches. Offering consultation to, and working closely with, social workers. Providing individual and group supervision. Contributing to development of a new team.

2012-15: Trainee Clinical Psychologist, Salomons Centre of Applied Psychology, Canterbury Christ Church University.

2015 Greenwich Mental Health Service for Older People, Oxleas NHS Trust, Memorial Hospital, Shooters Hill.

Trainee Clinical Psychologist working with the community mental health team, Crisis and Home Treatment Team and on an acute ward for older adults. Completing assessments, including neurological and memory assessments. Co-constructing formulations with clients and working therapeutically from a range of models including systemic, CBT, CF-CBT, mindfulness and psychodynamic.

2014-15 Symbol Therapy Team CAMHS-LAC, SLAM, Lewisham.

Specialist placement within the Lewisham Looked After Children Team. Conducting thorough assessments with children, adolescents, families, carers, social workers and schools. Working individually and with team members on complex cases to deliver interventions which simultaneously worked with the wider system and with individuals. Delivering evidence based interventions, including the Parent-Child Game, CBT and child psychotherapy. Completing neuro-psychometric assessments, and considering differential diagnoses such as autistic spectrum condition versus foetal alcohol spectrum disorder, and autistic spectrum condition versus attachment disorder.

2014 Mental Health for Learning Disability Community Team, Kent and Medway NHS Foundation Trust, Maidstone.

Developing skills in adapting interventions to meet the needs of those with additional needs and a learning disability. Conducting neuro-psychometric assessments and adaptive behaviour assessments. Working systemically and with staff teams. Co-facilitating an adapted CBT group for developing communication skills.

2013-14 Bromley CAMHS, Oxleas NHS Foundation Trust, Bromley.

Working within generic CAMHS and the Adolescent Outreach Team. Completing assessments with children, adolescents, families and carers. Liaising with schools, social workers and other third party organisations. Delivering training to third sector organisations. Completing emergency assessments and managing complex risk with an adolescent population.

2012-14 Erith Short Term Intervention Team, Adult Mental Health, Oxleas NHS Trust, Erith, and Acute Ward, Woodlands Unit, Queen Mary Hospital, Oxleas NHS Trust, Sidcup.

Placement within an adult community mental health team and on an acute ward. Co-facilitating reflective practice groups in the ward setting. Completing psychological assessment within community and acute settings.

2012-12 Assistant Clinical Psychologist, Islington CAMHS, Whittington NHS Trust, London, UK.

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Assistant Psychologist in a specialist outreach team. Working with children on the edge of care or edge of custody. Engaging young people and parents in behaviour change and individual therapeutic work.

2010-11 Assistant Clinical Psychologist, Trafford CAMHS, Manchester, UK.

Assistant Clinical Psychologist working in a Child and Adolescent Mental Health Service within the NHS. Working jointly and individually with children, young persons and parents as part of a multi-disciplinary team. Working with individuals with a wide range of psychosocial, behavioural and mental health needs.

2007-10 Care Assistant, St. Michael's House, Dublin, RoI.

Frontline staff caring for service users with intellectual disabilities. Using a person centred approach, building relationships with service users and their families. Promoting maximum independence for each service user and supporting inclusion and involvement in the local community.

2009 Child Art Psychotherapist, St. Mary's Senior National School, Rowlagh, Clondalkin, RoI.

Art Psychotherapist working individually with children who present with complex emotional and behavioural needs, often coupled with difficult family life. Building therapeutic relationships, meeting and supporting parents.

2007 Assistant Coordinator, Incredible Years Parenting Course, Kildare, RoI.

Volunteer assistant to a team of Clinical Psychologists helping to prepare and run a parenting group. Empowering parents and helping to educate them in basic aspects of parenting as well as offering help to individual parents who found their child's behaviour challenging.

2007-08 Child Art Psychotherapist in Training, Linn Dara Celbridge Child and Adolescent Mental Health Service, HSE, Dublin, RoI.

Clinical therapist working with children and adolescents who presented with a wide range of complex mental health, emotional, behavioural and developmental difficulties.

2005 Rainbow Orphanage, Nansana, Kampala, Uganda.

Shadowing on-site psychologist in every aspect of his work. Facilitating group work and brief interventions with HIV/AIDS orphans. Teaching English, AIDS awareness and sex education to large classes and planning class curricula. Assisting in the development of an antiretroviral drugs program for children infected with HIV.

PROFESSIONAL QUALIFICATIONS

- 2012-15 Doctorate in Clinical Psychology, Salomons Centre of Applied Psychology, Canterbury Christ Church University, England.
- 2011-12 Master of Science in Health Psychology, University College London, England.
- 2007-09 Master of Science in Child Art Psychotherapy, University College Dublin, Ireland.
- 2001-06 Bachelor of Science in Psychology (*Honours*), University of Dundee, Scotland.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2017 Hatha Yoga Teacher Training 200 Hours, Padma Karma, Kerala, India.
- 2016 Trauma Centre Trauma Sensitive Yoga. Twenty-hour foundation course provided by The Yoga Clinic UK, in conjunction with the Trauma Centre, Boston.

- 2016 Story Stem Assessment Profile, Anna Freud Centre, London. Three-day training to learn the administration, coding and clinical applicability of the Story Stem Assessment Profile.
- 2015 Child Attachment Interview (CAI), Anna Freud Centre, London. Four-day training to learn the rationale and technique of using the CAI as a tool for the assessment of child-parent attachment relationships in middle childhood (8-15 year olds) through interview.
- 2015 Specialist Option in Systemic Approaches, Salomons Centre for Applied Psychology. A six-day specialist teaching option in applying systemic approaches to clinical work.
- 2015 An Introduction to Psychodynamic Concepts, Tavistock and Portman NHS Foundation Trust, London.
- 2015 Mindfulness Based Cognitive Therapy (MBCT) Course. Eight-week experiential MBCT course.
- 2014 A Stranger in My Own Body: A conference on gender dysphoria in children and adolescents, Tavistock and Portman NHS Foundation Trust, London