



Joanna Ciesielska M.A.
Clinical Psychologist



Health Professions Council Registration: **PYL35417**
British Psychological Society Membership: **342115**

Joanna Ciesielska is a HCPC and BPS registered Clinical Psychologist with expertise in providing psychological and therapeutic interventions to children, young people and adults with complex mental health needs. She works with school age children, adolescents as well as their parents with a broad range of mental health, personality and substance misuse problems. She has a particular interest in working with children and parents with attachment difficulties who have experienced trauma, separation or loss. She works therapeutically offering psychological interventions for children, young people and adults.

FAMILY COURT EXPERTISE

- Complex assessments of children, parents and global family functioning.
- Assessments of parental risk including adult mental health problems, substance misuse, violence and domestic violence.
- Specialist assessments of parents with personality disorder and the impact on their parenting.
- Assessment of developmental trauma and the impact of neglect and abuse on children's mental health and behaviour.
- Specialist assessments of children with neurodevelopmental disorders including Autistic Spectrum Disorders and ADHD.

OTHER COURT AND TRIBUNAL EXPERTISE

- Assessment of children, young people and adults in cases of personal injury and clinical negligence.
- She undertakes educational assessments for educational tribunals
- She reports to Mental Health Review Tribunals for patients detained under the mental health act.
- She undertakes psychological and neuropsychological assessments of children and adults in translation for individuals seeking immigration or asylum.
- She specialises in assessments of Mental Capacity for the family, criminal and civil courts.

PROFESSIONAL EXPERTISE AND WORK HISTORY

2016 – Present Safe Space to Talk, London-Psychotherapist & Psychologist,

- Formulating and implementing specialist psychological assessment and treatment to young people and adults experiencing a broad range of mental health difficulties based upon an appropriate conceptual framework derived from a broad theoretical knowledge of psychology and clinical experience
- Effective use, interpretation and integration of complex psychological data from a variety of quantitative and qualitative sources including psychological tests, self-report measures, rating scales, direct and indirect structured observations and interview

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- Evaluating and making decisions about treatment options taking into account both theoretical and therapeutic models and highly complex factors concerning historical, development and cultural aspects. Adjusting and refining psychological formulations as practice and experience demand.
- Recording and monitoring of the clinical work and communicating, in a skilled and sensitive manner complex clinical information
- Expert Witness Work: Conducting psychological assessments and providing expert witness reports for courts in areas of mental health, emotional and social functioning of children, young people and adults, global family assessments, attachment issues, impact of parental mental health difficulties on children's development.

2016 – 2018 Child, Adolescent and Family Mental Health Service, North East London Foundation Trust Primary Mental Health Worker

- Undertaking specialist psychological assessments of children, young people and adults based upon the appropriate use, interpretation and integration of complex data from a variety of sources, including psychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients, family members and others involved in the client's care.
- Assessment of parenting capacity and family dynamic, impact of parental mental health difficulties on children, on attachment formation, together with thorough risk assessment (e.g. drugs and alcohol use, domestic violence, emotional abuse and neglect)
- Formulating a diagnosis and implementing effective psychological interventions for children, young people and adults with depression, anxiety, PTSD, acute stress, trauma and neuro developmental conditions including, ASD and ADHD.
- Working with complex cases: children with multiple diagnosis, learning difficulty, physical disability and gender transitioning
- Providing a specialist advice, consultation and liaison with other professionals, external agencies and referrers (nurses, social workers, school staff, foster carers)
- Participating in training, clinical supervision, and clinical care pathways meetings; working as a part of the multidisciplinary team. Maintaining accurate clinical records

2016 – 2017 Tower Hamlet psychological therapies service, Mile End Hospital East London NHS foundation trust – Psychotherapist

- Offering short and long term psychotherapy to adults experiencing a broad range of mental health difficulties including anxiety, depression, trauma, and personality disorder
- Working under clinical supervision

2014- 17 Women & Health - Psychological Therapies Service, London –Psychotherapist

- Providing short-term and long-term psychotherapy to individual clients experiencing emotional and mental health problems e.g. anxiety, phobia, paranoia, trauma, PTSD
- Writing comprehensive reports formulating areas requiring intervention and producing reports on the effectiveness of the treatment

2015 Rethink Mental Illness - Mental Health Charity, London - Service Manager

- Holding an active leadership role, supporting and motivating team members to deliver high quality services. Supporting the implementation of change, best practice and continuous improvement and innovation.
- Writing complex assessments of service users' mental health needs
- Conducting risk assessments, planning and implementing safety management plans

2014-15 Rethink Mental Illness - Mental Health Charity, London- Mental Health Recovery Worker

- Providing emotional support to people affected by mental health and/or in crisis
- Carrying out risk assessments and implementing individual safety management plans
- Working as part of the multidisciplinary teams including NHS Crisis Resolution Home Treatment Team

2012- 13 Psychological and Educational Centre, Bratislava, Slovakia – Psychologist

- Conducting assessment and providing therapy to adults with emotional difficulties
- Undertaking regular clinical professional supervision and keeping the clinical record.

PROFESSIONAL QUALIFICATIONS

2023 Excellence in Report Writing, Bond Solon

2023 Cross Examination and Courtroom Skills, Bond Solon

2023 Law and Procedure (Family), Bond Solon

2016 Postgraduate Diploma in Psychodynamic Psychotherapy, London

2013 Postgraduate Diploma in Psychodynamic Psychotherapy, Krakow, Poland

2011 Diploma of Family Therapy, Wroclaw, Poland

2011 MA Master Degree in Psychology, University of A.Mickiewicz, Poznan, Poland

2009 Student Exchange Programme, Faculty of Psychology, University of Leige, Belgium

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Introduction to Systemic Therapy
- Critical Thinking and Assessment
- Working with Neglected Children
- Safeguarding Children
- Clinical Risk Assessment
- Working with Hard to Reach Families
- Promoting Positive Mental Health at Schools
- A child with ADHD- methods of working
- Child Sexual Exploitation

