

Claire Hopkins

MProf, CAPt Psych Psych, BSc. QTS

Registered Therapist



Association of Child Psychotherapists Registration: **ACP4210**

Claire Hopkins has worked in the field of Child and Adolescent Psychotherapy since 2007 both in CAMHS (Child and Adolescent Mental Health) and in community outreach. In CAMHS her role was to assess a variety of complex mental health difficulties and provide brief interventions as well as medium and longer term once weekly psychotherapy. She particularly enjoyed being part of the Under 5's clinic in which we offered multidisciplinary assessment, formulation and intervention for a variety of infant-parent difficulties such as attachment disorders and failure to thrive issues. She was also part of the Family Therapy Team for two years which gave her tremendous insight into the power of a healthy family dynamic.

Following this Claire was inspired to develop her own social enterprise to provide bespoke assessment and therapeutic interventions directly into community venues such as schools and children's centres. Much of this work involved intensive work with parents in helping them to make sense of their child's behaviour and fostering healthy, well-functioning relationships. She has provided numerous reports for Child Protection, Child in Need, EHCP's, Placement Reviews (LAC children) and for Adoption Support work on issues such as domestic violence and parental ability to change and protect. Claire is also a Consultant Child and Adolescent Psychotherapist for the Trauma and Resilience Service in Rotherham. Here she provided individual and group consultations to a variety of professionals on the impact of trauma on children, young people, families and systems. She also delivered a comprehensive training package on attachment, trauma and trauma stabilization.

Claire is also a respite foster carer and can speak from the heart on matters related to placement stability, attachment and trauma.

- Assessment of attachment between parents and children and parental alienation
- ADHD
- Attachment disorders
- Conduct Disorder / Oppositional Defiant Disorder
- Contact Disputes
- Autism Spectrum Disorder
- Parenting Assessments
- Self-harm
- Looked After Children (LAC) and Young offenders
- Placement and Placement Breakdowns in Looked After Children
- Trauma
- Complex PTSD in children and Trauma Stabilization.

PROFESSIONAL QUALIFICATIONS

2013	Masters in Profession – Northern School of Child and Adolescent Psychotherapy - Leeds
2011	Professional Qualification in Child and Adolescent Psychotherapy – Northern School of Child and Adolescent Psychotherapy - Leeds

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- 2007** PG Diploma Psychoanalytical Observation Studies - Northern School of Child and Adolescent Psychotherapy - Leeds
- 2002** QTS – Cumbria Primary Teacher Training
- 2002** BSc in Psychology– Sheffield Hallam University

WORK HISTORY

2011 – Present Director / ACP Child and Adolescent Psychotherapist – Impact North

- My clinical role is to provide a variety of short, medium and long term, outcome measured psychotherapy services to children, young people and families based in the City of Leeds Region. Because of my training I have the skills to work with the full age range 0-25 and have experience of managing a vast array of mental health difficulties such as attachment disorder, ADHD, Autism, self-harm, depression, anxiety and borderline personality disorder. I have worked substantially in the Looked After system and am adept in providing assessment reports to highlight the needs of children, young people and carers.
- All of my work involves much liaison with other professionals such as social workers, educational psychologists and family support services. I also offer comprehensive psychological assessments and attend CAF, Child in Need and Child Protection meetings, in order to advocate on behalf of my clients.
- I also work as a specialist consultant to Rotherham’s Trauma and Resilience Service, to upskill school staff and other professionals on the impact and identification of childhood trauma and particularly Childhood Sexual Exploitation (CSE).
- I am also the Executive Director and Founding member of Impact North (Inspiring Minds: Parent, Adolescent and Child Therapy). My role is to ensure our organisation is financially viable, well governed, sustainable and operates safely. I have developed and taken an active role in all operational aspects such as project management, recruitment, contracts and commissioning, outcome and evaluation, finance, marketing and HR. Providing complex psychological assessments and reports including pre-admission, CPA, progress reports, case summaries, discharge summaries and making clinical treatment recommendations. Developing and implementing therapy and rehabilitation programmes to the inpatients that present with a wide range of complex mental health issues including personality disorders, psychosis, and other psychiatric and neurological conditions co-morbid with physical health issues. Providing training and consultation to multidisciplinary team members and other clinical staff. Participating in CPA meeting and other professional forums and case conferences designed to ensure patients’ progress.

2007 – 2011 ACP Child and Adolescent Psychotherapist in Training - Bradford Child and Adolescent Mental Health Service

- As a member of the multidisciplinary team, my main role was to offer short, medium and long term psychotherapy to highly complex and chronically unwell patients. As well as individual therapy, I also offered parent and family sessions, as well as consultancy and supervision to colleagues and other professionals. A large proportion of my work involved close liaison with parents, families, staff and other professionals, particularly when dealing with Looked After Children. Within the role, I have also undertaken some teaching to promote the profession and its valued position in CAMHS clinics.
- During this time I particularly enjoyed being part of the Under 5’s service, which offered consultation, assessment and direct therapeutic work to parent’s and infants to address such issues as failure to thrive, eating difficulties and the impact of parental mental health, post-natal depression or trauma on child development.

2004 – 07 Head of Psychology/resident tutor/Independent Listener – The Read School, Drax

- My main duties were to set up a Psychology department and teach at both A-level and GCSE level. My secondary role was to assist in the pastoral care of 28 girl boarders (7 – 21 yrs old). This involved living in the boarding house, taking care of their day-to-day needs and being a substitute carer. Later I was asked to tutor the remaining Psychology students to ensure completion of the course as well as volunteer as an Independent Listener.

2004 Home and Hospital Tutor – North Tees Hospital, Stockton

- My role was to teach students who were unable to attend school for either physical or mental health reasons, on a one to one basis. This included both primary and secondary aged children. The role required constant communication with schools, parents and the hospital, in order to ensure that the child's learning and their connection with everyday life was kept at a maximum.

2002 – 03 Teacher - Viewly Hill Primary School, Hemlington

- As a full time teacher, I had responsibility for the education of three year 3 /4 classes, in a team with two other teachers. As well as the day-to-day teaching, I was also involved in short and medium term planning, assessment and writing, and assessing children's Individual Education Plans.

2001 Special Needs Assistant – Park End Primary School, Middlesbrough

- My role here allowed me to work as a special needs assistant involved in the implementation of IEP's for a group of four 5 year olds. Duties included assisting in the planning of work, one-to-one teaching and assessing progress. There was also much emphasis on the improvement of behavior through creating a secure and positive environment.