



Dr Sara Kutereba

BSc; MSc; PhD; DClinPsy.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL31940**

Dr Kutereba qualified as a clinical psychologist in 2015, prior to which she had a psychology career in research, completing her PhD in developmental psychopathology in 2010 (something which informed her work as a television presenter for a ground-breaking psychology programme at the same time).

Since qualifying as a clinical psychologist, Dr Kutereba has continued her interest in developmental psychology working across a range of child and adolescent settings, particularly with those who are in care, on the edge of care or unable to access mainstream schools or mental health services. Dr Kutereba has worked both for NHS and Local Authority services. Currently Dr Kutereba works in an adolescent inpatient unit, completing assessments and interventions with young people with severe mental health issues, many of whom are in care.

Dr Kutereba's broad experience enables her to complete the full range of assessments pertinent to family/civil and criminal law.

AREAS OF SPECIALISM

- Care proceedings
- Cognitive assessments
- Impact of parental mental health difficulties on children
- Developmental trauma
- Attachment to parents and siblings and impact of separation
- Capacity
- Assessment of child and adolescent mental health
- Parenting assessments

PROFESSIONAL QUALIFICATIONS

- 2015** Doctor of Clinical Psychology – University College London
- 2010** Doctor of Philosophy – University College London
- 2007** Master of Science, Research Methods in Psychology – University College London
- 2006** Bachelor of Science, Psychology – University of Birmingham

WORK HISTORY

2022 – Present **Principal Clinical Psychologist and Lead Psychologist – Inpatient CAMHS South West London & St Georges Trust**

- Clinical assessment and intervention for highly complex and high-risk young people and their families
- Supervision and management of B7 - B8a Clinical Psychologists, Family Therapists, and pre-qualified psychology staff.

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- Leading on the development of a high quality, responsive and accessible services including advising both service and professional management on those aspects of the service where psychological and/or organisational matters need addressing.
 - Overseeing and manage the workloads of Psychology & Psychotherapies staff within inpatient CAMHS and within the framework of the service policy and procedures.
 - Staff recruitment: both in the short-listing process and as a member of interview panels for assistant, trainees and qualified psychologists / psychotherapists.
 - Leading on research and service evaluation in line with the strategy agreed within the CAMHS Directorate specifically: working in support of members of the Clinical Operational Group in planning and implementing systems for the evaluation, monitoring and development of CAMHS services.
 - Delivering on tasks in project management, including complex audit and service evaluation, with colleagues within and across the service to help develop and improve services to young people and their families.

2019 – 22 Highly Specialist Clinical Psychologist – South London & Maudsley NHS Trust

- Highly Specialist Clinical Psychologist for the Bethlem Adolescent Unit, an inpatient mental health unit for adolescents aged 12 to 18 years
- Part of a multi-disciplinary team, providing psychological assessment and interventions for adolescents who present with a range of severe and complex mental health problems such as eating disorders, obsessive compulsive disorder, psychotic and affective disorders, and neuropsychiatric conditions
- Provide support, consultation, and supervision to other members of the multidisciplinary team, Assistant Psychologists and Trainee Clinical Psychologists
- Covered CAMHS PICU, which is an 8 bedded mixed sex unit for young people with an acute mental health illness who cannot be safely cared for on a general unit.

2016 – 19 Highly Specialist Clinical Psychologist – East London NHS Foundation Trust

- Child & Family Consultation Service/ T3 CAMHS
- Highly Specialised Clinical Psychologist across Newham Alternative Education Provisions
- Provided creative, highly flexible assessments and interventions to young people who had been excluded from mainstream educational settings and who were often Looked After and involved in running County Lines and/or involved in Child Sexual Exploitation

2015 – 16 Highly Specialist Clinical Psychologist – South London & Maudsley NHS Trust

- Team Manager of Southwark Early Help CAMHS Service
- Non-clinical duties included management and supervision of CAMHS specialists across all localities of Southwark, ensuring high level of quality and consistency across all localities
- Developing, implementing, and assessing impact of Mental Health Strategy
- Clinical duties included holding a small caseload of young people who were not accepted into Tier 3 CAMHS but considered too high risk or complex to be managed by a single CAMHS specialist in the community.

2014 – 15 Specialist Clinical Psychologist – Anna Freud Centre

- The Schools Outreach Team is a service run by the Anna Freud Centre
- The service runs as an 'alternative' to CAMHS provision; actively engaging those for whom accessing traditional CAMHS would be unlikely
- Assessment and treatment of children and families with a high level of complexity and need
- Families typically have disengaged from services, and so assertive outreach together with a high level of creativity and flexibility is needed
- Managed a large case load, and the pace at which the schools required me to work

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- 2010 – 14 Trainee Clinical Psychologist – Camden & Islington NHS Trust**
- Clinical training, (including maternity leave)
 - Third Year Placement - Attachment & Trauma Team - Tier 4 CAMHS providing assessment and intervention to children and young people (0-16) and their families where there is a complex background of abuse, neglect, or trauma, particularly when there is also a question around possible neurodevelopmental disability
 - Second Year Placements 1) Community Rehabilitation Team, Mile End Hospital - Worked with adults with a primary diagnosis of physical health conditions (e.g., MS), or clients who had experienced a brain injury or age-related cognitive decline
- 2009 – 10 Assistant Psychologist – Whittington NHS Trust**
- National Clinical Assessment and Treatment service, Whittington NHS Trust
 - Tier 4 service working with children and young people displaying sexually harmful behaviour
 - Conducted psychological assessments, drafting reports, and assisting with foster-carer interviews
 - Involved in the development of a CBT-based intervention and in training professionals in using a treatment manual that was developed by Dr Eamon McCrory, my supervisor in the service.
- 2007 – 10 PHD Candidate – University College London**
- My PhD was fully funded by the Economic and Social Research Council (1+ 3 Studentship) and investigated Individual Differences Attention and Emotion Processing in Conduct Disorder in Children and Psychopathic Traits in Adults
 - This involved advanced experimental design, psychometric testing of children with conduct problems in schools, statistical analyses, and writing up research for publication.
- 2006 – 07 Television Presenter – BBC & Objective Productions**
- “The People Watchers”, BBC and Objective Productions
 - TV series shown on BBC in 2008
 - I was chosen by the BBC to present this 20 part TV series as a Psychologist
 - At the time of production, the show was ground-breaking as it was (and currently remains) the longest TV series dedicated to Psychology
 - My role extended further than presenting as I was heavily involved in the development of the content of the series, creating formats for experiments that would translate well onto screen, but that would also maintain scientific integrity
 - The series received a very good review in “The Psychologist”

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2021** Edward Jenner Leadership Award
- 2021** Advanced Supervisor Training
- 2019** CBT for Psychosis: Masterclass
- 2019** Autism Diagnostic Interview - Revised
- 2019** DBT Skills for Adolescents
- 2018** Clinical Psychology Supervisor
- 2017** ADOS-2
- 2016** The Incredible Years Parenting Programme
- 2015** Multifamily Therapy: The Marlborough Model