

Dr Brigid Duffy

D.Clin.Psych.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL05182**

Dr Duffy has worked in the NHS for over 15 years and has experience with working with children and young people with a learning disability, Looked after Children, Unaccompanied Asylum Seeking Children and vulnerable adults. She has developed robust skills in clinical assessment and formulation of difficulties. Using a variety of quantitative and qualitative assessment and clinical skills.

Dr Duffy has numerous experience of write child psychological expert witness reports where she can advise the court on; identifiable psychological difficulties, the treatment recommended, the cause of such difficulties, provide a clinical opinion of the child's care needs and also can assess attachment relationships and parenting.

AREAS OF SPECIALISM

- Developmental Trauma
- Complex Trauma
- PTSD
- Attachment difficulties
- Anxiety
- Depression
- Looked After Children
- Assessment and formulation
- Self-harm / Suicidal Ideation
- Parent Assessments

PROFESSIONAL QUALIFICATIONS

2007 Doctorate in Clinical Psychology, Birmingham University.

2004 BSc Hons. Psychology, Wolverhampton University.

WORK HISTORY

2021 – Present **Senior Clinical Psychologist and Clinical lead for the Walsall Family Safeguarding Adult Mental Health Team**

- Developing a new service for parents whose children are open to Children's Services. Developing pathways and support for this vulnerable and complex population of adults.
- Providing management support and supervision to the mental health practitioners and psychologists in the team.
- Developing specialist mental health assessments for these parents identifying their mental health needs and also the parenting needs.
- Working closely with child Social Workers and Adult Practitioners to provide a holistic package of support for parents with the overall aim of reducing the number of children becoming accommodated.
- Providing bespoke psychological mental health consultations to Social Workers identifying the mental health needs of the parents and agreeing a package of support.

- Regular liaison with NHS and Local Authority commissioners and providing outcome data and performance reviews of the project.
- Providing specialist formulations and interventions to this group of vulnerable adults including offering individual therapeutic support and group support.
- Providing specialist attachment based parenting programmes.
- Regular training and supervision to Social Workers and family support workers.
- Working collaboratively with colleagues to develop a trauma informed approach.

2018 – 21 Senior Clinical Psychologist and Clinical lead for the Unaccompanied Asylum-Seeking Children (UASC) well-being project in Wolverhampton

- Developing pathways for all Unaccompanied Asylum Seeking Children (UASC) referred into the CAMHS service.
- Providing a specific psychological assessment of all UASC in particular assessing for significant mental health difficulties e.g. post traumatic stress disorder (PTSD)
- Offering specialist interventions for this group of young people in accordance with the NICE guidelines, in particular EMDR therapy.
- Working closely alongside colleagues in the Local Authority and Voluntary sector to ensure a holistic package of support for these vulnerable young people
- Providing regular outcome reports of the project to commissioners and the Local Authority
- Completing assessments for court supporting these young people in their asylum application
- Providing training and consultation to social workers and workers at the Refugee and Migrant Centre.

2017 – 21 Senior Clinical Psychologist – Children and Young people in care team, Wolverhampton Child and Adolescent Mental Health Service (CAMHS), Black Country Partnership Mental Health Trust

- Working in a multidisciplinary team, to provide a specialist mental health service for Looked After and Adopted Children to improve their health and wellbeing.
- Providing risk and mental health assessments of young people who self harm
- Facilitating the in-depth Nurturing and Attachments Training Programme of Therapeutic Parenting to Foster Carers and Adopters.
- Providing psychological assessment, formulation and treatment of children who have experienced trauma, abuse and neglect.
- Attachment focused interventions to children and young people and their carers.
- Consultations to colleagues in the Local Authority and Education on supporting the young people.
- Teaching and training on Attachment and Developmental Trauma

2007 – 17 Clinical Psychologist – INSPIRE Team, Wolverhampton Child and Adolescent Mental Health Service (CAMHS), Black Country Partnership Mental Health Trust

- Working in a multidisciplinary team, to provide a specialist mental health service for children and young people with a learning disability.
- Neuro developmental and psychometric assessments of children with a learning disability
- Clinical lead within the team for Looked After Children with a Learning Disability
- Providing psychological assessment, formulation and intervention for children and young people with a learning disability.
- Developing and adapting attachment focused interventions for children and young people with a learning disability and their families.
- Training and consultation to teachers and colleagues in children and adolescent mental health and supporting young people with a learning disability.

2004 – 07 Trainee Clinical Psychologist – Walsall Primary Care Mental Health NHS Trust, Child and Family Psychology Service

- Completed placements in five areas: Adult Mental Health, Adult Physical Health, Older Adults, Adults with Learning Disabilities and Children. Within my child placement my duties included:
- Carrying out comprehensive psychological assessments of children
- Undertaking psychometric/neuropsychological tests of children
- Delivery of direct interventions to children who have experienced various difficulties such as trauma/abuse/neglect
- Consultation to parents and schools
- Direct work with parents and families
- Facilitating Parenting groups

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2019** Eye Movement Desensitization Reprocessing (EMDR) LEVEL 1 and 2
- 2018** Dialectic Behaviour Therapy (DBT) Level 1 and 2
- 2014** Theraplay Level 1
- 2010** Dyadic Developmental Psychotherapy (DDP) level 2
- 2008** Dyadic Developmental Psychotherapy (DDP) level 1.