



Dr Tracy Rydin-Orwin

B.Sc. (Hons), D.Clin.Psy, CPsychol, AFBPsS, CIMI.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL20439**
British Psychological Society Membership: **74457**

Dr Rydin-Orwin is a chartered clinical psychologist and clinical lead in developing perinatal infant mental health, with a particular focus on the parent-infant relationship and attachment. She lectures in perinatal psychology, training psychologists and other experts in parent-infant psychology and measures of parent-infant attachment. She provides specialist interventions in both NHS and residential adolescent units.

PROFESSIONAL EXPERTISE

- Clinical lead in perinatal psychology specialist and assessor and trainer in assessments of parent-child attachment (CARE-Index and Preschool Assessment of Attachment)
- Provider of specialist parenting interventions including intervention including PACE and Dyadic Developmental Psychotherapy (Dan Hughes) and Emotional Coaching for parents.
- Assessment and treatment of parental mental health, attachment and personality difficulties.
- Assessment of parents with learning disabilities.
- Experience of working with children, families and family therapy within Child and Adolescent Mental Health Services.
- Honorary lecturer and trainer in the study of perinatal psychology and parent-child attachment

WORK HISTORY

- 2002 – Pres** *Virgin Care Ltd, (Previously Devon NHS)* - Service lead for perinatal infant mental health across Devon providing a systemic and preventative response to promoting the psychological, emotional, social and personal health needs of parents to be, infants.
- 2002 – Pres** *Independent practice* - Providing training for organisations and staff groups around postnatal depression, infant mental health, attachment, the parent-infant relationship and adult mental health issues.
- 2014 – Pres** *South West Clinical Network for Maternity Services* - Infant Mental Health Representative on the South West Clinical Network for Children and Maternity Services, advocating for the needs of infants and developing perinatal infant mental health services across the region.
- 2014 – Pres** *All party parliamentary group conception to two* - South West representative for perinatal infant mental health.
- 2012 – Pres** *Roehampton University* - Visiting Lecturer on the MSc in Attachment Studies.

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- 2014 – Pres** ***The Parent Company*** - Consultant and advisor regarding perinatal infant mental health and maternal mental health issues.
- 2014 – Pres** ***Save the Children*** – Consultant advising the UK Strategy Lead on possible infant mental health projects and resilience work with children.
- 2005 – 07** ***Plymouth University*** – University lecturer teaching child psychology and infant mental health on the Post Graduate Diploma in Mental Health for CAMHS.
- 2004 – 06** ***University of Exeter*** – Honorary university fellow teaching perinatal infant mental health on the three year Clinical Psychology Doctorate programme.
- 2002 – 06** ***Sure Start (Secoded from Exeter PCT)*** – Clinical Psychologist setting up the process for developing a perinatal service for Devon.
- 1999 – 02** ***Taunton & Somerset NHS Trust*** – Trainee Clinical Psychologist.

PROFESSIONAL QUALIFICATIONS

- 2002 Doctorate in Clinical Psychology, University of Exeter
- 1999 B.Sc. (Hons) Psychology (2:1)

SPECIALIST TRAINING

- 2015** Dyadic Developmental Training, Level 1.
- 2015** Level 3 Safeguarding.
- 2014** EMDR Training, Alexandra Richman.
- 2014** Parent Development Interview Clinical Applications, Anna Freud Centre
- 2013** Parent Development Interview and Pregnancy Interview, reflective functioning, Anna Freud Centre.
- 2013** Applied Psychology Practice Supervisors, British Psychological Society
- 2005** Certified trainer in CARE-Index
- 2005** Attachment and Psychopathology Training (5 days)

PUBLICATIONS

- 2016 Feasibility of PremieStart on a neonatal intensive care unit. Submitted to Journal of Reproductive & Infant Psychology.
- 2013 Early Years for Levels 4 & 5 and the Foundation Degree. Hodder Education Chapter: Working with babies (0- 12 months).
- 1999 The effects of training on emotion recognition skills for adults with an intellectual disability. *Journal of Applied Research in Intellectual Disabilities*, 12, 3, 253-262.

- 2002 Women's Perceptions of Process and Outcome of a group Intervention for Postnatally Depressed Mothers. *Doctorate Thesis presented at the First International Conference on PND*, Cape Town, South Africa.
- 2002 Doctorate Thesis presented at the Marcé Conference in Sydney, Australia.
- 2002 Doctorate Thesis presented at the Annual conference of the Psychology of Women Section, BPS.
- 1997 The effects of training on emotion recognition skills for adults with an intellectual disability. Oral presentation of BSc (Hons.) dissertation at the BPS Annual Undergraduate Conference at Heriot-Watt University, Edinburgh.