



Dr Stephanie Leyland
BSc, DCounsPsych, PGCert
Chartered Counselling Psychologist



Health Professions Council Registration: **PYL33287**

Dr Stephanie Leyland is a HCPC registered Practitioner Psychologist, working with adults, children and young people's mental health. She has experience in both NHS and private settings, since 2011, gaining her doctoral qualification in 2016. Further training She has undertaken includes EMDR (Level 1, 2 and 3), Clinical Supervision, DBT Skills and a Postgraduate Certificate in Systemic Practice.

Dr Leyland's training enables her to work across the lifespan from a variety of psychological models, applying theory and research in a range of settings. Clinically, she specialises in Systemic Consultation and Intervention: getting systems to work in the best interests of vulnerable young people, particularly Children in the Care System.

Her experience working within NHS CAMHS has encompassed assessment, formulation, intervention and evaluation within the full range of mental health, emotional and behavioural difficulties. Additionally, her current post involves working with high-risk individuals who have been exposed to Trauma on many levels including domestic violence and abuse.

Dr Leyland's areas of expertise are Adverse Childhood Experiences and the impact of Trauma over the life course. She provides expert opinions in areas related to Family Court Proceedings, Psychological Assessments and Trauma-related presentations.

Areas of Specialism

- Family Court Proceedings and Assessments
- Psychological Assessments
- Trauma-related Presentations
- Looked after children (LAC)

PROFESSIONAL QUALIFICATIONS

- 2020** Postgraduate Certificate: Systemic Practice – University of Leeds
- 2016** Practitioner Doctorate in Counselling Psychology – University of Wolverhampton
- 2009** ABC Level 3 Certificate: Counselling Skills – City College Manchester
- 2008** Bachelor of Science, Psychology – Middlesex University

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2020** Applied Suicide Intervention Skills Training (ASIST)
- 2019** Attachment- Focused Transpersonal EMDR
- 2018** EMDR (Levels 1, 2, 3) – Eye Movement Desensitization Reprocessing
- 2016** Clinical Risk Assessment Training (RATE)
- 2016** Supervision skills training: Level 1, 2, 3 & 4

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- 2014** The Moving Parents and Children Together (M-PACT) Project- Action on Addiction
- 2014** An Introduction to Dialectical Behavioural Therapy (DBT)
- 2014** Acceptance & Commitment Therapy: An introduction
- 2013** The Place2Be Volunteer Introductory Workshop
- 2013** The Place2Be Children's Emotional Well-being Training
- 2013** Practicing Existential Psychotherapy: A Workshop with Ernesto Spinelli
- 2013** The Division of Educational Psychology: Medicalisation of Childhood
- 2013** Level A and B Psychometric Training
- 2013** Neuropsychology: Assessment and Therapy
- 2013** 3rd International Mindfulness in Schools Conference
- 2013** 2nd National Conference: Living with Sexuality & Cancer
- 2013** Working with Trauma

WORK HISTORY

2021 – Present Expert Witness

- Working remotely, providing expert witness assessments for clients including solicitors, Courts, local authorities, panels and organisations
- Providing expertise in relation to Adverse Childhood Experiences and the impact of Trauma over the life course
- Ensure all reports are completed of the highest quality, confirming they are free from spelling mistakes and grammatical errors, as well as evidenced based, focused and analytical
- Independently manage my own caseload and administration within an agreed timeframe.

2020 – 21 Acting Psychological Therapies Lead – Aspire, Early Intervention in Psychosis Service.

In addition to the duties and responsibilities detailed in the 'Senior Counselling Psychologist role':

- Attend weekly manager meetings, in order to review ongoing issues, incidents, complaints/ compliments.
- Attend monthly Clinical Lead meetings as a way of reviewing clinical governance and service developments.
- Organise and chair the therapy team meetings (attended by Clinical Psychologists, CBT Therapists, Assistant Psychologist, Trainee Clinical/ Counselling Psychologists, Systemic Family Therapists and Drama Therapist) including continued professional development (CPD) element.
- Act as duty manager providing support to clinical staff, particularly those on duty
- Responsible in developing clinical pathways in light of ever-changing guidance to support young people experiencing a deterioration in mental health, aimed at preventing a psychotic episode
- Provide clinical supervision and line management responsibilities to the Psychological therapy team.

2019 – Present Senior Counselling Psychologist and Systemic Practitioner – Aspire, Early Intervention in Psychosis Service

- A member of the Early Intervention in Psychosis multi- disciplinary team, working with 14 - 65-year-olds and their families experiencing unusual thoughts or experiences:
- Provide specialist psychological assessments, formulation and interventions to clients presenting with a range of psychological and emotional difficulties
- Offer individual and group supervision to psychologists/ cognitive behavioural therapists, as well as the wider team including Mental health nurses, social workers and care coordinators
- Taking the lead in developing trauma-informed training to support the wider team to draw from a trauma-informed framework and understand a range of experiences as an understandable response to adverse childhood experiences.

2018 – 19 Child Counselling Psychology – East CAMHS, Leeds

- Working as part of a community CAMHS team in a culturally diverse location, as part of a multi-disciplinary team benefitting from the professional development and support from the child and clinical psychology professional group:
- Dynamic and varied therapeutic work including a range of moderate to severe mental health presentations
- Completing risk assessments and developing care plans following hospital admissions due to self-harm and suicidal behaviours
- Working as a lone psychologist within the community team, holding a trauma caseload utilising CBT, DBT and EMDR interventions
- Involved in group case discussions and supervision to support therapists and shared working across the city
- Joint working with cluster support in schools, offering support to families.

2017 – 19 Specialist Counselling Psychologist – The Gender Identity Development Service, The Tavistock and Portman NHS Foundation Trust

- As part of a multi-disciplinary team, working alongside psychologists, social workers, mental health nurses and systemic family therapists conducting bio- psychosocial assessment with young people 0- 18 years presenting with difficulties with their gender identity:
- Working in line with NHS England guidance offering collaborative provision with local endocrine clinic
- Work both jointly and individually offering detailed assessments, including timelines, genograms and using standardised outcome measures to understand how a client has developed their sense of self and identity
- As part of a multi-disciplinary team make informed decisions in regards to clients accessing gender-affirming medical interventions
- Liaise with support services across the North of England to ensure that identified mental health and social care need is being offered to clients and their families
- Provide training, consultation and clinical training to outreach services/schools and NHS services to inform LGBTQ+ inclusive support across the North of England
- Offer teaching on doctoral training courses across the North of England
- Facilitate 12- month placement to third-year counselling psychology trainee.

2017 Senior Practitioner – Alder Hey Children’s Hospital NHS Foundation Trust, Liverpool

- My main responsibilities consisted of delivering high- quality, comprehensive and inter-disciplinary child mental health provision to the CAMHS service group in Liverpool:
- Undertaking appropriate psychological assessments and case management of children and young people aged between 0- 18 years
- Provide a range of evidence- based clinical interventions informed by assessed individual need
- Offer support, advice and consultation to families/ carers and other professionals involved in young people’s care
- Facilitate regular psychological consultations to staff teams working as part of the Infant mental health and Youth justice teams. Used as a quick access point for young people/ families where mental health need is identified.

2017 Horizon Care, Cannock

- Working in the North West of the UK, as part of an interdisciplinary team providing monthly psychological consultations to 10 registered residential care homes, inclusive of registered managers and residential workers. Providing psychological assessments and formulations for young people aged between 8 and 17 presenting with complex emotional and developmental difficulties and devising therapeutic actions plans for staff teams to adopt, encompassing the PACE parenting approach:
- Delivering evidence-based interventions to looked after children (LAC) to meet national guidelines (NICE, 2015)
- Developing and supervising a team of 2 Assistant psychologists completing solution-focused interventions with young people
- Co-facilitating attachment and trauma and an introduction to PACE training to staff teams.

2016 – 17 Adolescent Therapy Lead – The Priory Group, Altrincham

- Working as part of a multidisciplinary team, managing and developing the psychological and therapeutic input on an Adolescent eating disorder unit. The unit holds 15, 11-18 year old females, all diagnosed with Anorexia Nervosa and presenting with complex emotional-behavioural problems:
- Delivering evidence-based CBT-Eating disorders and Dialectical Behavioural Therapy (DBT) interventions to adolescents presenting with complex emotional-behavioural problems
- Developing and supervising a team of 2 Assistant psychologists and 2 CBT therapists delivering the CBT and DBT group therapy programmes
- Attending and contributing to the weekly interdisciplinary patient ward rounds
- Liaising with a range of CAMHS services, professionals, schools and parents all in aid of a holistic and systemic way of working with adolescents and young people.

2014 – 16 Therapist – The Priory Group, Altrincham

- Working as part of an interdisciplinary team, providing Cognitive Behavioural Therapy (CBT)-based interventions to meet national guidelines (NICE 2009) in the treatment of bi-polar, depression, anxiety, obsessive compulsive and eating disorders:
- Direct clinical role assessing and formulating service users unhelpful coping behaviours
- Devising treatment plans for in patient, day care and out patient service users Delivering a twelve session CBT for Depression group, including behavioural and cognitive strategies
- Integrating attachment and psychodynamic frameworks in a predominantly non-directive approach to play therapy with children aged 8-13. Treating children presenting with anxiety, depression and obsessive-compulsive symptomatology.