

Dr Niollie Brown

B.Sc., M.Sc., D.Clin.Psych.

Principal Clinical Psychologist



Health Professions Council Registration: **PYL27189**

Dr Niollie Brown is a Clinical Psychologist and Systemic Family Psychotherapist with over 15 years' experience working with individuals of all ages. She has worked in a number of clinical settings, such as Child and Adolescent Mental Health Service (CAMHS), Older People's Mental Health Service and Diagnostic Memory Clinic, Adult Neuro-rehabilitation Service and currently in Forensic Mental Health Services.

Dr Brown carries out full psychological assessments as well as cognitive and capacity assessments. She works with individual presenting with complex and severe mental health issues, such as complex/developmental trauma, personality disorder and people with offending histories. She is an experienced couple and family psychotherapist (working with adult family members only) with specialist interest in working with couples where one or both partners have a mental health problem or neurodivergent needs (e.g., Autism and ADHD).

Dr Brown has conducted assessment and reports for employment tribunals where there has been discrimination that has resulted in psychological trauma and/or mental health difficulties.

AREAS OF SPECIALISM

- Psychotherapy for individuals, couples and adult family members.
- Psychotherapy for people with:
 - Anxiety
 - Depression
 - Personality Disorder
 - Complex/Developmental Trauma
 - PTSD
- Relationship issues
- Neurodivergent needs / Neurodevelopmental conditions e.g. Autism and ADHD
- Assessment for ADHD
- Mental Health/Psychological Assessments for Employment Tribunals and Courts

PROFESSIONAL QUALIFICATIONS

- 2014 – 2016** **Institute of Family Therapy, MSc in Systemic & Family Psychotherapy – Award: Merit**
Thesis: "Systemic Therapists' Constructions of Couples Living with Dementia: Implications for Understanding and Practice".
- 2008 – 2011** **University of East London, Doctorate in Clinical Psychology**
Thesis: "Professionals' Constructions of Immigrant Women who Experience Domestic Violence".
- 2001 – 2004** **Royal Holloway University of London, BSc in Psychology – Award: 2:1**
Thesis: "Memories For and Reactions to 9/11 Terrorist Attacks."

WORK HISTORY

2021 – Present Associate Clinical Psychologist and Clinical Supervisor at My Online Therapy

2021 – Present Northamptonshire Healthcare NHS Foundation Trust, Lead Principal Clinical Psychologist (Band 8b)

I am the lead psychologist at HMP Bedford where I am embedded in the prison's Mental Health In-Reach Team and provide psychological assessment and intervention for the residents as well as supervision and reflective practice sessions for staff members in the integrated Healthcare service. I also work collaboratively with the prison's governors to develop partnership and a trauma-informed care service, offering joint working and training.

2015 – 2021 Central & North West London NHS FT, Senior Clinical Psychologist (Band 8a)

In this role, I worked as the sole clinical psychologist in the Hillingdon Neuro-rehabilitation Service for adults with acquired brain injury and neurological conditions. I carried out neuropsychological assessments as well as provided general psychological assessment and interventions for inpatients across two units.

2012 – 2015 East London Mental Health NHS FT, Highly Specialist Clinical Psychologist (Band 7)

I first worked in the Community Mental Health Team for Older People, which I did until the end of the year before moving to Memory Services where I carried out neuropsychological testing and worked therapeutically with individuals who had received a diagnosis of dementia or cognitive impairment, their carers and support systems.

2011 – 2012 Whittington Health NHS Trust, Highly Specialist Clinical Psychologist (Band 7)

I worked in the Islington CAMHS Under Fives Service, providing consultation to staff and parents in clinics in Health and Children's Centres and delivered talks on common developmental issues, such as toileting, eating and sleeping as well as facilitated parenting groups.

SKILLS

- Neuropsychology
- Systemic and Family Psychotherapy
- Mindfulness Practices
- Cognitive Behavioural Therapy
- Compassion Focused Therapy
- Dialectical Behaviour Therapy.

COURSES

DBT Essentials, Association of Psychological Therapy (APT) – March 2022 – March 2022.

DBT Running Groups Skills, Association of Psychological Therapy (APT) – March 2022 – March 2022.

Compassion Focused Therapy - Principles and Foundation, Northamptonshire Healthcare Foundation Trust December 2022 – December 2022.

Mindfulness Based Stress Reduction (MBSR) training for clinicians (4 day course), East London Mental Health Foundation Trust – November 2012 – November 2012.

Working with refugee and Asylum-seeking communities and utilising narrative therapy approaches, KCC & Friends – October 2011 – October 2011.