



Dr Dr Platt Platt
B.Sc., D.Clin.Psych.
Clinical Psychologist



Health Professions Council Registration: **PYL34154**

Dr Platt is a clinical psychologist with over 10 years of NHS experience who has worked across a range of settings within Clinical Psychology including Adult Mental Health, CAMHS (5-18 years), Learning Disability Teams (0-18 years), Child Development and Paediatric Services (0-11 years) and Child Looked After Services (0-18 years). She has provided direct therapy to children and is trained in Dyadic Developmental Psychotherapy (DDP, Level 1), Cognitive Behaviour Therapy, Systemic and Psychodynamic approaches. She also completes complex and in-depth therapeutic assessments for children who are looked after to support their transition to new placements so that the network can understand their attachment and mental health needs.

Supporting children and families to feel safe and secure is a priority and Dr Platt works hard to enable engagement by being flexible, approachable and adaptable in the use of therapeutic models to suit the needs of the individual and family. Being child and family-centred is at the heart of Dr Platt's approach and all avenues of making assessments and therapy easy, fun and non-threatening will be explored.

Dr Platt has extensive experience of conducting autism assessments, cognitive assessments and ensuring that all aspects of a young person's strengths, abilities and challenges are understood. In her current NHS role, Dr Platt works therapeutically with children who are looked after. She is attachment and trauma-focused in her approach, working sensitively alongside individuals, families and networks using DDP principles, play-based interventions, cognitive behaviour therapy (CBT), systemic and psychodynamic approaches.

Currently, Dr Platt is able to offer the following: Complex child and adult psychological assessments, autism assessments, cognitive and capacity assessments, individual therapy, supervision and consultation both online and in person in clinics in South East Wales.

AREAS OF SPECIALISM

- Assessment of child mental health, risk and trauma
- Assessment of adult mental health, risk and trauma
- Assessment of child autism
- Assessment of learning disability and functional capacity
- Individual therapy for children
- Individual therapy for children with autism and/or learning disabilities

PROFESSIONAL QUALIFICATIONS

- 2016** Doctorate in Clinical Psychology, Salomon's, Canterbury Christchurch University
- 2011** Postgraduate Certificate in Low Intensity CBT, University of Surrey
- 2010** First Class Degree with Honours in Psychology, University of Sussex.

WORK HISTORY

2023 – Present **Clinical Psychologist in Child Looked After Therapeutic Services, Monmouthshire.**

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Working within a large psychology department and alongside social care colleagues, I offer therapeutic support to children and young people focusing on their attachment relationships with carers using DDP principles.

Main responsibilities:

- Direct therapeutic work with children and young people
- Indirect work with carers, residential homes, schools and fostering team
- Leading multi-agency consultation
- Offering reflective practice

2022 – Present **Clinical Psychologist in Specialist CAMHS – Children Looked after, West Wales (remote working).**

I work primarily with networks, systems and foster carers to support placements and enhance awareness of the young person's mental health needs.

Main responsibilities:

- Leading multi-agency team formulation meetings
- Offering training and consultation to foster carers, residential teams and social work teams
- Clinical supervision
- Providing reflective practice to social workers

2021 –2022 **Specialist Clinical Psychologist in Community Paediatrics, Brighton.**

My work specialises in neurodevelopmental and genetic conditions in children including autism, foetal alcohol syndrome disorder, Down's syndrome and cerebral palsy, mostly for children with developmental trauma.

Main responsibilities:

- Completing complex neurodevelopmental assessments for children with developmental trauma alongside other professionals using developmental histories, play-based interactions, child-parent observations, Autism Diagnostic Observation Schedule (ADOS), cognitive and executive functioning assessments
- Feeding back complex assessment outcomes to families and school, making specific social and emotional recommendations
- Psychological consultation to multi-disciplinary and multi-agency colleagues
- Individual therapy with children and families: CBT, solution-focused, narrative therapy and systemic therapy

2019 – 2021 **Clinical Psychologist in CAMHS Learning Disability, Sussex.**

My work was underpinned by the Family Partnership Mode, working alongside families and children with a moderate to severe learning disability, mostly children cared for in residential placements and foster placements.

Main responsibilities:

- Psychotherapeutic interventions to young people, parents and siblings: DDP-based interventions, play-based therapy, systemic and positive behaviour support
- Collaboratively creating and updating risk assessments and care plans and being responsive to safeguarding issues
- Designing and facilitating parent groups on positive behaviour support
- Professional consultation to multi-agency partners (social care, schools, residential care)
- Facilitating training in developmental trauma and attachment to social workers, residential care staff and specialist schools
- Supervision of trainee clinical psychologists and non-psychology colleagues

2017 – 2019 **Clinical Psychologist in Adult Mental Health, East Sussex**

My work involved offering therapeutic interventions and care coordination for adults with severe mental health difficulties.

Main responsibilities:

- Specialising in CBT, Acceptance and Commitment Therapy and Cognitive Analytic Therapy (CAT)
- Group work: peer-led recovery support group, complex trauma workshop
- Facilitating reflective practice, formulation and consultation to the multi-disciplinary team
- Therapeutic risk management

2018 – 2020 Bank Clinical Psychologist in CAMHS, Worthing.

I provided leadership within the autism assessment clinic and complex neurodevelopmental pathway.

Main responsibilities:

- Leadership in managing capacity and referrals to the autism assessment clinic and pathway design
- Complex neurodevelopmental assessments and feeding back results to families
- Consultation to non-psychology colleagues and multi-agency professionals

2016 – 2017 Clinical Psychologist in CAMHS, Haywards Heath.

I offered assessment and therapeutic interventions for young people presenting with emotional and relational difficulties and high risk behaviour.

Main responsibilities:

- Assessment and therapy for children and young people, offering systemic, CBT and narrative therapy
- Collaborative risk assessment and care planning with children and families
- Completing autism assessments and cognitive assessments
- Supporting young people presenting with high risk and safeguarding issues

2013 – 2016 Trainee Clinical Psychologist, Salomon's Training Centre

I successfully passed all academic components of the course and completed a qualitative thesis on how a psychiatric diagnosis influences a person's sense of identity. Working in NHS teams across the lifespan, I gained experience in individual therapy (CBT, CAT, and Dyadic Developmental Psychotherapy), family therapy, consultation to networks, neuropsychological assessments and supervision.

ADDITIONAL TRAINING

2023	DDP Level 1 (4 days)
2020	CBT masterclass – adapting CBT for people with autism/learning disabilities (1 day)
2019	Family Partnership Model (5 days)
2018	Advanced workshop for new supervisors (2 days)
2018	ASIST: Applied suicide prevention (2 days)
2016	The Autism Diagnostic Observation Schedule (4 days)
2016	Introduction to Cognitive Analytic Therapy (5 days)
2016	Introduction to Psychodynamic Concepts: A Workshop for Clinical Psychologists (5 days)