



Ms Jessica Valentine CPsychol, AFBPsS
Chartered Counselling Psychologist



Health Professions Council Registration: **PYL27809**
British Psychological Society Membership: **221807**

Ms Jessica Valentine is a Chartered Counselling Psychologist specialising in working therapeutically with adult mental health problems, substance misuse, adolescent behaviour problems, relationship difficulties and family issues. She has a broad range of training and experience in both assessment and a broad range of psychological interventions including Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, counselling and. She is also an expert on relationships and the dynamics of perception.

FAMILY LAW EXPERTISE

- Assessments of parents at risk of harm to a child for Local Authorities or the Family Courts.
- Assessments of adult mental health and personality difficulties and the contribution to parental risk.
- Assessments of forensic risk in mentally disorders offenders and sex offenders.
- Specialist in adolescent behavioural difficulties and offending clearly understanding the aetiology of these difficulties.
- Specialist assessments of high risk mothers and female offenders.

CIVIL LAW EXPERTISE

- Regular assessments of personal injury including road traffic accidents and work accidents.
- Assessments of female asylum seekers who have been victims of human trafficking.

THERAPEUTIC EXPERTISE

- Group and individual psychotherapy to address offending behaviour, substance misuse problems, psychotic illnesses and personality disorder.
- Interventions for mentally disordered offenders and sex offenders.
- She has specialist training in providing primary care support for referrals from general practitioners and consulting psychiatrists.

WORK HISTORY

2018-Date **Clinical Psychologist – Locum - The Priory, Ticehurst CAMHS**

2017- 2018 **Associate Educational Psychologist- Locum - Newham London Borough, London**

- Complete and carry out educational assessments using British Ability Scale (BAS) and Wechsler Individual Assessment Test (WIAT); Provide holistic consultations with parents, schools and teachers;

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- Provide evidenced-based support for parents in understanding and managing difficulties for students;
 - Provide 1:1 coaching sessions for parents;
 - Produce a 'School Visit Summary' for any direct work undertaken;
 - Carry out a planning meeting with the school – headteacher or inclusion manager/SENCO;
 - Provide 1:1 counselling for students who were referred to EP.

2017- 2018 Lead Psychologist – Locum, Langford Centre, Bexhill

- Provide psychological assessments and interventions including CBT and DBT and group therapy.
- Direct and indirect structured observations and semi-structured interviews with patients
- Clinical and Managerial Supervision
- Lead & Supervise Substance Misuse Group Program
- Plan therapeutic interventions & treat high risk female patients with dual diagnosis.
- Specialist treatment programmes for high-risk females who self-harm.

2010-Date Counselling Psychologist, Brighton Mental Health & Wellness Centre, Brighton

- Psychometric assessments of clients mental health diagnoses including trichotillomania, BPD, Bi-Polar, Post-Natal Depression, Anger Management issues, PTSD, Depression, OCD and Anxiety.
- Provide treatment using an eclectic approach of the Humanistic Theories, Cognitive Behavioural Therapies, Talk Therapy and in some cases the Psychodynamic Approach.
- Implement assessments and treatment for agencies such as: Great Health Care for the Community (GHC) where from NHS referrals.
- Assessments and counselling female asylum seekers who were victims of human trafficking as well as assessing and submitting court reports for clients at an immigration removal centre.
- Implement assessments and treatment for Moving Minds Psychological Management and Rehabilitation assessing and treating clients with Post Traumatic Stress Disorder (PTSD) involved in traffic accidents suffering from PTSD, Depression and Anxiety.
- Assess, diagnose, counsel and provide reports for Sure Reports. I worked closely with clients who suffered from PTSD from injuries due to car accidents.
- Specialist training in providing primary care support for referrals from General Practitioners and consulting psychiatrists as well as secondary care from referring agencies.

2014-15 Psychology Lecturer, Sussex Downs College, East Sussex

- 6th Form Psychology Teacher, teaching Child Development to year 12 and year 13 students;
- Supported students who had difficulty as the Learning Support Leader, providing one-to-one consultations and tutoring;
- Guided and supported Year 10 as their classroom Tutor;
- Provided group counselling in a safe and secure environment for children who were subjected to bullying.

2006-08 Educational Psychologist/Teacher of Psychology, Sandhurst School, Bracknell

- Manage student learners in a classroom setting;
- Prepare lesson plans, implement lessons, provided by curriculum;
- Assess students' capability by administering exams and essays;

- Support international students by tutoring those who need one on one improving language skills and an understanding of the case studies;
- Liaise with colleagues to develop curriculum and lesson plans.

2001-06 Teacher of the Learning Disabled/Language Arts, Kearny High School, New Jersey, USA

- Provided a safe, learning environment for students who were diagnosed with a range of Specific Learning Disabilities. (ADHD/ADD, cerebral palsy, alcohol fetal syndrome, LD/SLD, emotional disorders, HIV, schizophrenia);
- Implemented structured lessons based on applicable novels and curriculum;
- Provided literacy lessons in English Language and Arts (Shakespeare, Grammar, Creative Writing, Basic Skills Reading and Comprehension).
- Managed difficult behaviour issues and supported students who had problematic home lives, or were isolated or suffering emotional problems.

PROFESSIONAL QUALIFICATIONS

- 2004-05 Education Specialist Degree in Mental Health Counselling (Hons.) Seton Hall University, NJ, USA
- 2000-02 Master in General Theoretical Psychology, Fairleigh Dickinson University, New Jersey, USA
- 1992-96 Bachelor of Arts in Psychology, Walsh University, Ohio, USA

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT