



Dr Jennifer Haigh, DCounsPsych., B.Sc.(Hons)
Chartered Counselling Psychologist



Health Professions Council Registration: **PYL34532**
British Psychological Society Membership: **288936**

Dr Jennifer Haigh is a Counselling Psychologist with over 8 years' experience of working with clients within the Mental Health field. She has experience of working with children across several settings including CAMHS, working with behavioural, attachment and neurodevelopmental difficulties including Autistic Spectrum Disorders (ASD). She has also worked extensively with adults with varying mental health difficulties including addiction, trauma and PTSD, OCD, and depression within a variety of settings such as community mental health teams, IAPT services and private practice. She specialises in assessing and working with attachment, trauma, self-harm and ASD.

SPECIALIST AREAS OF EXPERTISE

- Conducting psychological and neuropsychological tests
- Assessments of PTSD and developmental trauma
- Interventions with adults and young people with varying mental health and attachment difficulties
- Addiction in adolescents and adults
- Assessment of Autistic Spectrum Conditions with children and adults
- Assessments of complex mental health problems

WORK HISTORY

- 2008–Now Senior Counselling Psychologist, New Reflexions**
- Enforcing the Secure Base model across the company
 - Delivering training to inductees on mental health, attachment, trauma, self-harm, autism, sexually harmful behaviour
 - Clinically responsible for seven residential care homes
 - Using appropriate outcome measures and adapting treatment according to mental and motivational states to optimise outcome
 - Conducting appropriate psychological assessments in partnership with psychological and neuropsychological tests
 - Working with a variety of presentations including trauma, attachment, depression, anxiety, eating disorders
 - Providing comprehensive psychological reports, formulating and implementing plans for psychological intervention in partnership with evidence-based practice
 - Consistent exposure to traumatic information
- 2018 – 18 Counselling Psychologist, The Family Psychologist**
- Working within a multidisciplinary team

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- Providing ASC screening and diagnostic assessments including ADOS and ADI-R assessments as part of ASC diagnostic criteria
- Conducting cognitive assessments for exam access
- Consultation and training to residential care companies, foster carers and schools
- Offering family therapy and individual therapy with clients across the lifespan
- Providing therapy using a variety of approaches CBT, psychodynamic, DDP, person centered and EMDR (needs driven) with a variety of conditions including PTSD, ASC, depression, anxiety, eating disorders
- Delivering training on attachment, trauma and neuro-diverse conditions
- Providing psychological reports including formulation and recommendations for psychological intervention in line with evidence-based practice

2016 – 18

Counselling Psychologist, Bryn Melyn Care

- Enforcing a DDP informed model across the company
- Delivering training to inductees on mental health, attachment, trauma, PACE and DDP
- Clinically responsible for nine residential care homes
- Using appropriate outcome measures and adapting treatment according to mental and motivational states to optimise outcome
- Conducting appropriate psychological assessments in partnership with psychological and neuropsychological tests
- Working with a variety of presentations including trauma, attachment, depression, anxiety, eating disorders
- Using a PACE model to support young people with complex needs

2016 – 16

Locum Psychologist, Cambian CSE Services Shropshire

- Working across 3 in-patient wards including eating disorders, with a total occupancy of 40 young people aged 12-18 with varying mental health difficulties
- Conducting appropriate psychological assessments in partnership with psychological and neuropsychological tests
- Formulating and implementing plans for psychological intervention in partnership with evidence-based practice
- Using appropriate outcome measures and adapting treatment according to mental and motivational states to optimise outcome
- Providing specialist interventions for complex and challenging behaviour through consultation and training with staff

2016 – 16

Locum Psychologist, Huntercombe Stafford CAMHS Service

- Working across 3 in-patient wards including eating disorders, with a total occupancy of 40 young people aged 12-18 with varying mental health difficulties
- Establishing a psychology department from including processes and protocols
- Conducting appropriate psychological assessments in partnership with psychological and neuropsychological tests
- Using appropriate outcome measures and adapting treatment according to mental and motivational states to optimise outcome
- Working 1-1 with a variety of difficulties including borderline personality disorder, depression, psychosis, low self-esteem, anxiety (PTSD, panic, general, social, OCD and phobias), eating disorders and anger among others
- Supervising and taking a lead in running group therapeutic interventions

2016 – 16

Locum PWP, South Staffordshire & Shropshire NHS IAPT Service

- Working within a multidisciplinary team

- Conducting detailed telephone assessments to assess suitability for the service
- Signposting suitable clients to the most appropriate treatment waiting list
- Using the stepped care approach when signposting clients
- Conducting detailed risk assessments and managing this appropriately
- Acute time management to complete a quota of assessments to fulfil client expectations

2015 – 16 Sessional Counsellor, Lewis Psychology CIC

- Providing a private therapy service and managing my own caseload
- Working 1-1 with depression, anxiety, eating disorders, substance misuse, gambling PTSD, bereavement, couples counselling, coaching and many more
- Working as an integrative and flexible practitioner, based on the client's needs and goals.
- Use of a variety of psychological models including CBT, EMDR, psychodynamic and person-centered therapy
- Conducting appropriate psychological assessments
- Formulating and implementing plans for psychological intervention in partnership with evidence-based practice
- Conducting detailed risk assessments and managing this appropriately
- Use of outcome measures to assess client change at every third session

2015 – 16 PWP, Starfish Health & Wellbeing IAPT Service

- Working in an IAPT service managing a case load of 90
- Conducting appropriate psychological assessments
- Formulating and implementing plans for psychological intervention in partnership with evidence-based practice
- Use of a variety of psychological models including CBT and person-centred
- Using appropriate outcome measures and adapting treatment according to mental and motivational states to optimise outcome
- Conducting detailed telephone assessments to assess suitability for the service
- Signposting suitable clients to the most appropriate treatment waiting list
- Using the stepped care approach when signposting clients
- Conducting detailed risk assessments and managing this appropriately
- Working 1-1 with common anxiety disorders and depression
- Promoting self-help materials to aid client responsibility and independence
- Using monitoring and evaluation tools for clients and for the service

2015 – 16 Counselling Psychologist in Training, Drug & Alcohol Recover Service Telford

- Working within a multidisciplinary team as part of an out-patient drug and alcohol recovery service
- Conducting appropriate psychological assessments
- Formulating and implementing plans for psychological intervention in partnership with evidence-based practice
- Use of a variety of psychological models including CBT, EMDR, psychodynamic and person-centered
- Working 1-1 with a variety of disorders including borderline personality disorder, depression, low self-esteem, anxiety (PTSD, panic, general, social, OCD and phobias) in addition to drug and/or alcohol misuse
- Develop cognitive and behavioural insights to promote and sustain positive changes
- Increase understanding of the relationship between substance use and other areas of the client's life, such as mental and physical health, relationships and lifestyles
- Conducting detailed risk assessments and managing this appropriately

- 2012 – 14 Counselling Psychologist in Training, St Georges Hospital CMHT**
- Working as part of a multidisciplinary team within a secondary care outpatient service
 - Conducting appropriate psychological assessments in partnership with psychological and neuropsychological tests
 - Formulating and implementing plans for psychological intervention in partnership with evidence-based practice
 - Providing comprehensive psychological reports
 - Using appropriate outcome measures and adapting treatment according to mental and motivational states to optimize outcome
 - Conducting detailed risk assessments and managing this appropriately
 - Using monitoring and evaluation tools for clients and for the service
 - Working 1-1 with a variety of disorders including depression, psychosis, low self-esteem, anxiety (PTSD, panic, general, social, OCD and phobias), eating disorders and dual diagnosis among others 01273 381468
 - Using RIO to input confidential information
- 2013 – 14 Counselling Psychologist in Training, Chaddeslode House IAPT Service**
- Working as part of a primary care IAPT service
 - Supervising and taking a lead in running group therapeutic interventions
 - Conducting appropriate psychological assessments
 - Formulating and implementing plans for psychological intervention in partnership with evidence-based practice
 - Inputting confidential information onto IAPT-us
 - Using monitoring and evaluation tools for clients and for the service

PROFESSIONAL QUALIFICATIONS

- 2016 Practitioner Doctorate in Counselling Psychology, University of Wolverhampton
 2010 BSc Hons Psychology (2:1), University of Bolton

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2018 Aviation Psychology, BPS (2 days)
 2018 Expert Witness L4, BPS (1 day)
 2018 Expert Witness L3, BPS (1 day)
 2018 EMDR L4, EMDR Works (1 day)
 2018 DDP L2, DDP UK (4 days)
 2018 ADOS, Pearson Clinical (2 days)
 2018 EMDR L3, EMDR Works (2 days)
 2017 DDP L1, DDP UK (4 days)
 2016 EMDR for C & A, EMDR UK & Ireland (2 days)
 2016 PRICE Huntercombe (5 days)
 2014 EMDR L2, EMDR Extra (2 days)
 2014 Level A&B Psychometric Testing, BPS (5 days)
 2013 EMDR L1, EMDR Extra (3 days)
 2012 Trauma focused CBT, BPS (2 days)
 2012 Anxiety Traps, BPS (2 days)
 2010 L3 Counselling skills, ABC (1 year)
 2009 L2 Counselling skills, ABC (10 weeks)