

**Dr Rosemary Gomes**

BSc., D.Clin.Psych.

**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL32481**

Dr Rosemary Gomes is a family specialist working with both parents and children therapeutically and within family proceedings in court. In her NHS work she has specialised in working with children with disabilities including autism and their families, parental mental health and well-being and using narrative and systemic approaches to treat complex family difficulties. Additionally, in her private practice, she has expertise and confidence in treating child, adolescent and adult mental health difficulties using a range of psychological models including Cognitive Behavioural Therapy (CBT), family therapy, psychodynamic approaches and EMDR. Her work includes working with the full spectrum of autism including those diagnosed later in life and with atypical presentations.

Dr Gomes has worked with children and their families offering therapeutic interventions within multiple Child and Adolescent Mental Health Services (CAMHS) including couples therapy and parent-child work. She offers family therapy for parental alienation. She is experienced in working therapeutically with individuals impacted by domestic violence, learning difficulties, developmental trauma, PTSD and/or substance misuse. She is building her experience in offering EMDR for trauma incidents. She works with neurodiverse individuals with a range of presentations including traits or diagnoses of ADHD/autism.

Dr Gomes undertakes independent assessments primarily for the Family Court. She has undertaken expert witness work across the UK undertaking psychological assessments of adults, teenagers and children in families where parenting ability, attachment, family dynamics, domestic violence, substance misuse or relational issues have required a court report. She is experienced in assessing where parental alienation is a factor. She has undertaken adult mental health assessment interviews for anxiety, depression, PTSD, OCD and personality disorders. Over 18 years of NHS experience, she has acquired expertise and competence in a range of assessments including diagnostic ASD and ADHD assessment within multidisciplinary teams, and assessing children, young people, parents and families where there is neglect, emotional harm and abuse. She is skilled at assessing families in terms of attachment patterns and family dynamics and where these interact with mental health issues.

#### **AREAS OF EXPERTISE**

- Assessment of Adults and Children
- Attachment difficulties
- Parental alienation
- Domestic abuse
- Low self-esteem
- Anxiety
- Depression
- Parent-child work
- Trauma
- Relational difficulties
- Mood disorders

- Substance misuse and addictions
- OCD
- Neurodiversity in children and adults (ASD/ADHD)

### **PROFESSIONAL QUALIFICATIONS**

- 2015**      Doctorate in Clinical Psychology, Salomons Centre for Applied Psychology, Canterbury Christ Church University
- 2003**      BSc Psychology, 2:1, Royal Holloway, University of London

### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2022, 2023**      EMDR therapist (Part 1, Part 2, Part 3, Part 4)
- 2021**      Bond Solon Excellence in Report Writing (1 day training)
- 2021**      Bond Solon Courtroom Skills (1 day training)
- 2020**      Foundation Course in Systemic Practice Module 2
- 2019**      Foundation Course in Systemic Practice Module 1
- 2019**      Positive Behavioural Support (PBS) Certificate from BILD

### **WORK HISTORY**

**2019 – Present      Senior Clinical Psychologist - Camden Parents' Wellbeing Service and Whole Family Team/Camden & Islington NHS Foundation Trust**

- Specialist psychological assessment, formulation and intervention with parents presenting with complex, multigenerational difficulties and social worker involvement such as child protection or child in need plans.
- Providing training to other professionals on psychological difficulties within families. Consultation to social workers to foster psychological understanding and formulation.

**2016 – 2020      Clinical Psychologist - Mosaic CAMHS/Tavistock & Portman NHS Foundation Trust**

- Assessment, formulation, treatment of mental health conditions in children with disabilities and their family members.
- Assessment and diagnosis of ASD. Specialist National Autistic Society (NAS) programme delivery.
- Supervision of trainees and junior members of staff.
- Presentations and teaching to the CAMHS team.
- Consultation to schools, nurseries and Special Educational Needs (SEN) colleagues. providing therapeutic input to adult patients suffering from trauma-PTSD, depression, anxiety, social anxiety, relationship difficulties, stress, phobias, work related problems, parenting difficulties and other psychological problems, using an integrative approach and CBT according to patients' needs. Providing Expert Witness Psychology assessments for Personal Injury Claims.

**2017 – 2018      Senior Clinical Psychologist - Child Development Team, Enfield CAMHS/Barnet, Enfield & Haringey Mental Health NHS Trust**

- Multidisciplinary autism assessments. PBS interventions. Highly specialist clinical psychology service to 0 to 6-year-olds with disabilities and their families.
- School observations and written reports. Consultation to multidisciplinary team colleagues.

- Facilitation of post-diagnostic groups for parents. Provision of input regarding service design.

**2015 – 16      Clinical Psychologist - iCope Psychological Therapies service (Improving Access to Psychological Therapies)/ Camden & Islington NHS Foundation Trust**

- Assessment and treatment of mental health difficulties in GP surgeries, providing an all age mental health service.
- Delivery of evidence-based interventions such as cognitive behavioural therapy and motivational interviewing. Case presentations.