

DR. CLAIRE BUKY-WEBSTER

CLINICAL PSYCHOLOGIST

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Summary

Dr Buky-Webster is a qualified clinical psychologist who has been working in the field of mental health since 2008. Dr Buky-Webster specialises in working with children and families, particularly children who are looked after and those on the edge of care, as well as their parents. She undertakes a range of assessments and interventions with children, adolescents, and parents. Dr Buky-Webster uses these skills and experiences in her independent practice. This includes undertaking expert witness assessments in the areas of Family, Criminal and Civil Law, which she has done since 2019.

Areas of Expertise

- Fostering and adoption
- Care proceedings
- Mental health assessments of children of all ages
- Assessment of attachment
- Developmental trauma (impact of abuse)
- Assessment of parents/parental risk assessments
- Parental mental health and substance misuse and the impact on children
- Cognitive assessments of children, adolescents and adults
- Placement and treatment recommendations

Employment History:

South London Psychology LTD, Independent Clinical Psychologist

November 2015 - Current

- Expert witness assessment for family court proceedings and PLO.

- Therapy for adolescents, adults and families.
- Specialising in working with trauma presentations and experienced in working with common mental health problems such as depression and anxiety.
- Use of CBT and third wave therapies such as Acceptance and Commitment Therapy (ACT).
- Offering Eye Movement Desensitisation and Reprocessing (EMDR).

London Borough of Hammersmith and Fulham, Children's Services

Clinical Psychologist/ May 2015 – April 2022

- Working alongside social workers in the Looked After Children and Family Support and Child Protection teams, providing assessments (including assessments of learning disability, parenting, mental health, risk), family therapy and individual therapy for both children and their parents or carers.
- Practice using evidence-based interventions such as Cognitive Behaviour Therapy and Video Interaction Guidance (VIG).
- Gained a diploma in Systemic Practice in 2017.
- Working with many different presenting problems, including moderate to severe mental health presentations in parents.
- Responsible for the supervision of trainee psychologists and assistant psychologists.

London Borough of Southwark, Children's Services

Clinical Psychologist/ October 2014 - May 2015

- Provided complex parenting assessments considering issues such as cognitive functioning, attachment and mentalization capacity, to inform social work planning and intervention.
- Helped implement a systemic social work model, within a team of eight social workers. This work included facilitating reflective practice in social work supervision as well as joint work with families.

London Borough of Hackney, Children and Young People's Service

Trainee Clinical Psychologist/ February 2014 – October 2014

- Involved in providing psychological assessments for children under child protection plans, contributing to court reports and engaging in long term psychological work.
- Therapeutic models such as Dyadic Developmental Psychotherapy as well as Systemic Theory to influence my work.
- Provided psychological consultation to social workers within Hackney Social Services.

Basingstoke, Integrated Learning Disability Team

Trainee Clinical Psychologist/ April 2013 – October 2013

- Work included conducting comprehensive psychological assessments, providing consultation to social workers and some short-term psychological therapy with service users.

Portsmouth, Children and Adolescent Mental Health Service

Trainee Clinical Psychologist/ October 2012 – April 2013

- Neuropsychological testing, comprehensive psychological assessments and individual therapy.
- Helped to run a group for children with anxiety and depression.

Portsmouth, Chronic Pain Service

Trainee Clinical Psychologist/ March 2012 – October 2012

- Working with people with chronic pain. Using Acceptance and Commitment Therapy (ACT) for individual therapy with patients.
- Involved in a Pain Management Program and Mindfulness groups.

Basingstoke, Community Mental Health Team

Trainee Clinical Psychologist/ October 2011 – February 2012

- Working in a psychiatric inpatient unit and crisis resolution home team.
- Provided psychological therapy for inpatients and outpatients and conducted brief psychological assessment.
- Involved in running a DBT group focusing on emotion regulation skills.

Westminster, Improving Access to Psychological Therapies

Psychological Wellbeing Practitioner/ September 2009 – September 2011

- Providing Cognitive Behaviour Therapy to working age adults with mild to moderate depression and anxiety.

Hastings, Improving Access to Psychological Therapies

Psychological Wellbeing Practitioner/ September 2008 – September 2009

- Primarily providing telephone-based guided self help for those with mild to moderate depression and anxiety.

Education

Post Graduate Diploma, Systemic Practice

Merit

Institute of Family Therapy, February 2017 – October 2017

Doctorate, Clinical Psychology

Southampton University, September 2011 – January 2015

Post Graduate Certificate, Psychological Wellbeing Practice (CBT)

Distinction

Canterbury Christchurch University, September 2008 – September 2009

Bachelors (Hons), Psychology

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Bournemouth University, September 2004 – June 2008

Ongoing Professional Development

Bond Solon, Expert Witness Courtroom Skills, April 2014

Institute of Family Therapy, Brief Systemic Interventions, September 2014

Institute of Family Therapy, Systemic Interventions for Children who are Looked After, October 2015

Anna Freud Centre, Parenting Approaches, Attachment & Mentalization, January 2016

Anna Freud Centre, Motivational Interviewing, February 2016

Women and Girls Network, Child Sexual Exploitation: A Trauma Focused Approach, May 2016

Tavistock and Portman NHS Trust, Video Interaction Guidance, May 2016

Workshop for new supervisors, University College London, September 2016

Hogrefe LTD, Introduction to ADOS-2, September 2017

Richman EMDR Training LTD, EMDR training Part 1, 2 & 3, February 2018/May 2019

Systemic supervision training, University College London, March, 2018

Story Stem Assessment Profile Training and Accreditation, Anna Freud Centre, June 2019

CARE Index training, ISWM, November-December 2020