

Jessica Valentine, BA,MA, Ed.S., CPsychol, AFBPsS, DCP

Chartered Consultant Clinical Psychologist

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**Health Care Professions Council Registered Practitioner Psychologist (HCPC) /
PYL27809 British Psychological Society Chartered Counselling Psychologist / 221807**

Profile

A highly experienced Consultant Psychologist, who has a proven ability to support clients with a variety of difficulties. These range from anxiety, depression, PTSD and trauma arising from difficult life issues to those suffering with mental health conditions. Working with CAHMS and adult inpatient and outpatient services. Flexible-minded person implementing therapeutic methods such as Cognitive behaviour Therapy, Dialectical Behaviour Therapy, Compassion Focused Therapy (CFT), Mindfulness, talk-therapy and psychotherapy. Expert on relationships and the dynamics of perception. Educational interest and experience with Neurodiverse clients/patients. Actively thrives in a challenging, pressurized environment. Has a caring and positive outlook on life. Concise medico-legal reports with a focus on criminal cases and probation courts.

Skills

- A highly skilled psychologist with interpersonal and psychotherapeutic skills;
- Exhibits excellent communication skills;
- Continues to be open-minded and sensitive when working with clients;
- Uses the ability to explore emotional issues with clients;
- Life-long curiosity toward human behaviour;
- Uses analytical skills;
- Knows the importance of team-working skills;
- Has the ability to look at how and why things are working, or not working, with clients;
- Strongly independent, self-motivated and self-aware;
- Uses initiative to meet the highest of standards;
- Works well under pressure.

Employment History

March 2026-Present **New Role Starting- SuperCare**

Head of Psychology

Residential Children's Homes in London and The Southeast

- Supporting young people with Learning Disabilities & Complex Needs
- Assessments, reports and behavioural plans
- 1:1 Therapy utilising person centred and creative play

September 2024-February 2026 **The Priory, Dorking**

Principle Psychologist/Head of Psychology

Acute Male/Female In-Patient Unit

- Support staff with Reflective Practice
- Supervise assistant psychologist
- Complete initial interviews/formulations and reports
- Work alongside an MDT with the most excellence of experiences
- Establish 1:1 therapy programs and group programs including CBT, Mindfulness, DBT, Play Therapy, Talk Therapy.

November 2023-September 2024 **The Priory, Ticehurst**

CAHMS & Adult Psychologist

Priory Hospital Ticehurst House, the Lodge Therapy Centre offers a welcoming sanctuary to explore the highest quality treatment and broad range of therapeutic approaches. These are

available to outpatients seeking specialist privately funded mental health support and improved psychological wellbeing. Supporting acute inpatient, private outpatients that include people who need support: work-related stress, anxiety, depression, Alzheimer's/Dementia, ADHD/ASD.

- Inpatient therapy
- Outpatient therapy
- Group therapy
- DBT/CBT treatment

March 2020-Present **Psychology Experts, London** **Psychologist**

Provide psychological assessments for the Courts and tribunals. Experts also provide a variety of therapy and rehabilitation treatments. Work primarily in the Family, Criminal, Immigration, and Personal Injury fields and consequently we understand the needs of individuals, children, parents or offenders in proceedings.

- Complete various assessments for the court that include: Global Assessments, Whodas, Educational Assessments, HADS, IES, GADS, Substance Misuse, Mini-Mental State Examination (MMSE) for patients with Alzheimer's.
- ADHD and Medico legal reports
- PTSD assessments and reports
- Write reports for the court and for private clients
- Travel to locations in order to assess clients

2010-Present **The Brighton Mental Health & Wellness Centre/ Private Practice** **Consultant Psychologist**

The Brighton Mental Health & Wellness Centre is my own private practice specializing in women's well-being, child and adolescent therapy, sexual health, marriage and family counselling and special needs support. I also work with many people who need support with anxiety, depression, work-related stress, PTSD, trauma and self-harm.

- Assess clients using The Impact of Event Scale (IES-R), Generalized Anxiety Disorder (GAD), and Generalized Health Questionnaire (GHQ); DIVA-5 (ADHD), ADOS-2/ADI-R. Conners Scale, BASC & WISC/WAIS (Intelligent Quotient Scales), Mini-Mental State Examination (MMSE) with Alzheimer's and Dementia patients;
- Diagnose and treat clients with 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, Dialectic Behavioural Therapy, 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 I assessed and counselled female asylum seekers who were victims of human trafficking as well as assessing and implementing Medico-legal reports for clients at the Harmondsworth IRC (immigration removal centre);
- Implement assessments and treatment for **Moving Minds Psychological Management and Rehabilitation** assessing and treating clients with Post Traumatic Stress Disorder (PTSD);
- Prepare assessments and carried out treatment for **CBT Clinics**. I assessed and counselled clients who were involved in traffic accidents suffering from PTSD, Depression and Anxiety using the psychological approach of CBT;
- 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.

February 2020-June 2023 **Keys Group, West Sussex Psychologist**

Keys Group provide innovative care and education services to children and young people who have complex needs, emotional and behavioural difficulties or who display challenging behaviour. Their passion is making a real difference to the life of every child by creating positive experiences every day and making progressive steps, no matter how big or small. By working closely with the children to provide a stable, safe and happy environment for them, we are able to nurture their development, enrich their lives and help them to fulfil their potential.

- Complete **WISC** and **BASC** assessments for Young People (YPs) in the West Sussex area
- Compile reports for PICI meetings made up of MDT
- Provide Supervision for staff and Assistant Psychologist
- Provide Reflective Practice for staff
- Administer Attachment & Trauma training for staff
- Follows the **PACE** methodology (Pace is a way of thinking and communicating that makes a child feel safe. Playful, Acceptance, Curiosity, Empathy and Wonder) when interacting with children in care.

March 2020-September 2020 **Elysium Private Health/CAHMS Eating Disorder, Hove Psychologist, Locum**

Brighton & Hove Clinic provides a CAMHS Tier 4 Eating Disorder service for young people aged 12 – 18 with a primary diagnosis of eating disorder; or an eating difficulty with a co- morbid presentation for example mental health/ psychological issues, such as depression, OCD or anxiety/ self-harm. Work actively with young people and their families, to empower them to manage their illness in the community.

July 2018-December 2018 **The Priory, Ticehurst CAHMS (Child Adolescent Mental Health Services) Psychologist- Locum**

Priory Healthcare provides a range of CAMHS inpatient services for the NHS, always aiming to meet a young person's needs safely and effectively, in the least restrictive environments. Flexible and bespoke treatment plans, for those aged between 13 and 18 years, are tailored to the needs of each individual and take into account the physical, educational and spiritual wellbeing of the service user, as well as their mental health.

- Provide the completion of personality assessments (Millon Adolescent Clinical Inventory, MACI), the formulation of treatment and behavioural plans for young people presenting issues such as: Post-traumatic stress disorders (PTSD), Psychosis/Schizophrenia, Emerging personality disorders, Mood disorders including depression and bipolar affective disorder, Anxiety disorders and OCD/body dysmorphic disorders, Self-harm and suicidal ideations, and Autistic Spectrum Conditions; looked after children.
- Provide Cognitive Behavioural Therapy, Dialectic Behavioural Therapy, Compassion Focused Therapy, Psychotherapy, Acceptance Commitment Therapy, play therapy, creative therapies, talk therapy holistically in a clinical setting;
- Use creative means to allow patients to 'open-up' and talk about their exposure to trauma/s.

September 2018- December 2018 **Redbridge Borough,**
Ilford Associate Educational Psychologist- Locum

- Provide support to staff and students;
- Create Power Point presentations to parents to help them understand their SENCo child's needs;
- Complete and carry out educational assessments;
- Provide holistic consultations with parents, schools and teachers;
- 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 – head teacher or inclusion manager/SENCO;
- Provide 1:1 counselling for students who were referred to EP.

November 2017-July 2018 **Newham London Borough**, East London

Associate Educational Psychologist- Locum

Newham Educational Psychology Service offering pre-statutory psychological assessments with written report and advice on interventions. Psychological assessments including pupils with and without an Education Health and Care Plan (EHCP); individual and group work interventions for children and drop-in pupil consultations.

- 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;
- 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 – head teacher or inclusion manager/SENCO;
- Provide 1:1 counseling for students who were referred to EP.

May 2017-September 2017 **Langford Centre**,

Bexhill Lead Psychologist- Locum

The Langford Centre provides a comprehensive range of treatments tailored to individual needs, for patients in both Low secure, Locked rehabilitation and Residential environments. Patients are diagnosed with various Mental Health Disorders including: Dual Diagnosis, Learning Disabilities, Neurocognitive Disorders Complex and Challenging behaviours, Personality disorders, May be subject to Ministry of Justice Restrictions, Sexual Offending, Drug and Alcohol Misuse.

- Undertake clinical assessments
- Provide psychological interventions
- Lead group and individual therapy sessions
- Help & manage the development of the service
- Supervise other Psychologists and Assistant Psychologists
- Provide Reflective Practice for peers
- Direct and indirect structured observations and semi-structured interviews with patients
- Administer Clinical Supervision
- Administer Managerial Supervision
- Lead Graduate Program
- Lead, Supervise & Created the Substance Misuse Group Program
- Plan therapeutic interventions & treat high risk female patients with dual diagnosis eg: Borderline Personality Disorder, Pervasive Disorder

- Administer treatment such as art therapy, cognitive behaviour therapy and dialectical behaviour therapy
- Treat high risk females who self-harm

September 2014-February 2015 **Sussex Downs College**, Lewes

Psychology Lecturer

Sussex Downs College is the largest further education college in East Sussex, providing education and training from foundation to degree level.

- 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.

July 2006-March 2008 **Sandhurst Secondary School**, Sandhurst

Psychologist/Teacher of Psychology

Sandhurst School is an inclusive and well-ordered comprehensive 11-18 school in Bracknell.

- 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.

September 2001-February 2006 **Kearny High School**, Kearny, NJ, U.S.A.

Teacher of the Handicap/Language Arts

Kearny High School is a coeducational state school ages 13-20 in New Jersey, U.S.A.

- Provided a safe, learning environment for students who were diagnosed with a range of Specific Learning Disabilities. (ADHD/ADD, cerebral palsy, alcohol foetal syndrome, LD/SLD, emotional disorders, HIV, schizophrenia);
- Implemented structured lessons based on applicable novels and curriculum;
- Taught students how to read and how to write;
- Provided lessons in English Language Arts (Shakespeare, Daily Positive Affirmations, Grammar, Creative Writing, Basic Skills Reading and Comprehension);
- Managed difficult behavioural issues;
- Supported students who had problematic home lives;
- Cared for neglected students by treating them to breakfast or lunch;
- Inspired and motivated students to attend class and showed them that someone cared for them by listening to their worries and woes;
- Implemented social skills throughout our daily lessons.

Education and Training

2020	CalSouthern University California, USA Doctorate of Psychology
2004-2005	Seton Hall University New Jersey, USA Education Specialist Degree in Mental Health Counselling (Hons.)
2000-2002	Fairleigh Dickinson University New Jersey, USA Masters in General Theoretical Psychology (+ 32 additional credits)
1992-1996	Walsh University Ohio, USA Bachelor of Arts in Psychology

Certifications & Special Interests

2024	PGCert Psychedelics: Mind, Medicine, and Culture
2024	British Isles Dialectical Behavioural Therapy (DBT) DBT Certificate & Training
2020	EMDR Centre London EMDR Training & Trauma Therapy
2020	UKAAN- UK Adult ADHD Network ADHD Diagnosing, Assessments & Reports
2005	Bridge TEFL USA Teaching English as a Foreign Language (TEFL)

Additional Information

Health Care Professions Council Registered Practitioner Psychologist / PYL27809
British Psychological Society Chartered Counselling and Clinical Psychologist / 221807
British Mycological Society
Association of Child and Adolescent Mental Health
Associate Fellow of the British Psychological Society
Division of Clinical Psychology

Volunteering

Chair/Vice-Chair for The National Childbirth Trust (NCT)
Local Education Authority (LEA) Governor for a specialist technology college academy
Assistant secretary for the local Parent Teacher Association
Retail Volunteer for the charity Oxfam

Hobbies

Writing, theatre, horse riding, gardening, eating fine cuisine, music, art, travelling with my children.

References available on request

