

Dr. Katharine Ayivor-Nygaard
Chartered Clinical Psychologist
BSc.(Hons), D.Clin.Psych., CPsychol.

Expert in Mind Ltd, Astec House, Sedlescombe Road South, St Leonards on Sea,
East Sussex, TN38 0TA
Tel: 01424 444130 Fax: 01424 234625

AREAS OF SPECIALIST INTEREST

- Children, Adolescent and Adult Mental Health
- Children Looked After
- Attachment
- Adolescent Forensic Mental Health
- Trauma – PTSD and Developmental Trauma
- Autistic Spectrum Disorders
- Cultural Issues impacting Psychological Functioning and Mental Health
- Consultation to Organisations

MEDICO-LEGAL EXPERTISE

- **Family Law Expertise**
 - Global family assessments: dynamics/attachment/parental alienation.
 - Assessment of psychological and developmental functioning of children and adolescents.
 - Assessments of the impact of parental mental health on ability to parent.
 - Assessments of impact of parental functioning on children and adolescents.
 - Risk assessments of parents: including substance misuse and domestic violence.
 - Risk assessments of children and adolescents at risk of offending.
 - Assessment of cognitive functioning in children, adolescents and adults.
 - Assessment of high risk presentations in children and adolescents (e.g. self-harming, sexual exploitation, absconding).
 - Assessment of trauma - developmental trauma and Post Traumatic Stress Disorder.
- **Civil Law Expertise**
 - Assessment of severe or catastrophic harm in children, adolescents and adults.
 - Specialist training and experience in the assessment and treatment of trauma and PTSD - qualified EMDR therapist.
 - Assessment and reporting in matters of child immigrants and asylum seekers
- **Criminal Courts**
 - Assessment of children and adolescents within the (youth) criminal courts with young offenders.
 - Specialising in sexual and violent risk within this population

CURRENT PRACTICE

March 2011 – Present

Founder, SpanLife Psychology LTD

Clinical Psychologist (BPS Chartered & HCPC Registered)

- Psychological therapy for mild to severe mental health problems in adults, adolescents and children.
- Consultancy and therapy provision to residential children's homes
- Consultancy and training to specialist schools for students (Primary & Secondary) with Autistic Spectrum Disorders (ASD).
- Supervision of Clinical and Counselling Psychologists, Assistant Psychologists and Senior Management in Residential Care Homes and Schools.
- Design and delivery of training events, e.g. Child Development and Attachment, Post Traumatic Stress Disorder, Managing Stress and Conflict in Care Workers, Teachers and Allied Health Professionals.
- Design and delivery of Group Therapeutic Programmes to children and adolescents.
- Conduct assessments and deliver reports highlighting areas of need and treatment options to support care and pathway planning.
- Training and consultancy to Local Authorities, Occupational Health departments and employees of blue chip companies.
- Medico-legal assessments and reporting (Immigration, Family, Employment Law, Personal Injury law and Capacity assessments) in London & surrounding counties.

PRIOR EXPERIENCE

November 2009 – February 2011

Chartered Clinical Psychologist – Trafford Healthcare NHS Trusts (Individual Therapist, Me2 Fostering Project)

- Delivering therapy to adolescents (12-18 years) with severe emotional and behavioural and/or severe delinquency who are in need of out-of-home placements.
- Conducting risk assessments.
- Neuropsychological and Cognitive assessments.
- Building therapeutic relationships with hard to reach young people.
- Working closely within a multi-disciplinary team to deliver a treatment package within the whole system surrounding a young person.
- Liaising with members of the multi-professional network.
- Working across healthcare, social care and youth justice settings to deliver interventions.
- Evaluating the effectiveness and efficacy of the Multi-dimensional Therapeutic Foster Care (MTFC) model.

October 2008 – October 2009

Chartered Clinical Psychologist – 5 Boroughs Partnership NHS Trust (Eating Disorders Team)

- Adults and adolescents (16 years – 65 years) assessment, formulation and delivery of evidence-based psychological treatment for a variety of Eating Disorders including: Anorexia Nervosa, Bulimia Nervosa, Obesity and EDNOS.
- Delivered interventions to individual clients, families and indirectly through members of the multi-professional network.
- Conducted risk assessments and personality assessments.
- Provided consultation to other health professionals involved in a client's care.
- Provided verbal and written reports of clients' progress to relevant professionals.
- Evaluated outcome of interventions using standard psychometric and non-standard methods.
- Contributed to service planning and development.
- Researched service performance and client experience.

February 2009 – October 2009

Chartered Clinical Psychologist – Sheffield Children’s NHS Foundation Trust (Locum, Sheffield Forensic CAMHS, Locum)

- Provision of psychological assessment, formulation and evidence-based interventions to children (10 -16 years) in secure children’s home.
- Problems worked with include those related to youth offending (e.g. violence and aggression) and welfare issues (e.g. sexual exploitation).
- Conducted risk assessments.
- Conducted neuropsychological and cognitive assessments.
- Delivered indirect and direct interventions.
- Contributed to care planning both within the unit and in the wider community-based professional working.
- Delivered consultation to care staff and other professionals working with a child.
- Designed key packages for use by the care staff with children in their care.
- Contributed to the evaluation of service provision.
- Provided teaching to care staff around psychological theories and models.

September 2005 – October 2008

Trainee Clinical Psychologist, Doctorate in Clinical Psychology (I-WHO, University of Nottingham).

- Rampton High Secure Hospital (Adult Forensic Mental Health)
- Nottingham Learning Disabilities Service (Adult Mental Health)
- Sheffield Forensic Child and Adolescent Mental Health Service (Adolescent Mental Health)
- Grantham Child and Adolescent Mental Health Service (Child Mental Health including Family Therapy)

QUALIFICATIONS, TRAINING & RESEARCH

Doctorate in Clinical Psychology (I-WHO, University of Nottingham), 2005 – 2008

BSc (Hons) Psychology (2:1) (University of Nottingham) 2000 – 2003

A-Levels Clarendon College, Nottingham, 1997 – 1999

English Literature (A), Geography (B) and Psychology (B)

International General Certificate of Secondary Education (IGCSEs)

(Herman Gmeiner International College, Ghana, West Africa), 1994 – 1997

Further Professional Training and Development

Autism Diagnostic Observation Schedule – Second Edition (ADOS-2) (Great Ormond Street Hospital & University College London) October 2016

Introductory Training to Cognitive Analytical Therapy (ACAT) March 2010

EMDR Training Level 1 (EMDR Works) September 2010

EMDR Training Level 2 (EMDR Works) March 2011

NSPCC Child Sexual Abuse Programme March 2012

TEACCH (Treatment & Education of Autistic and related Communication handicapped CHildren) (Westminster Special Schools: Professor Gary Mesibov) March 2013

Court Skills Training for Experts (Carter Brown Associates) March 2013

MEMBERSHIPS & PUBLICATIONS

Professional Memberships

- Registered member of the **British Psychological Society (BPS)** – membership no: 154766.
- Registered with the **Health and Care Professions Council (HCPC)** – PYL02048.

References are available upon request

CASE TYPES

ADHD
ASD
Cognitive
Family
Forensic (juvenile only)
Global Family Assessment
Immigration & Asylum
Occupational Health
Personal Injury
Risk Assessments
Road Traffic Accident

SPECIALISMS

ASD (not diagnosis)
Anxiety
Attachment
Bereavement
Capacity
Cognitive Behavioural Therapy
Cultural Diversity
Depression
Eating Disorder
Learning Difficulties
Learning Disabilities
Mood Disorder
Neglect
PTSD
Risk
Self Harm
Trauma
Antisocial Behaviour
Suicidal Ideation