



Phoenix Psychology is an independent psychological service providing a range of services to clients such as individuals, court proceedings, local authorities, independent foster care organisations, residential homes, schools and health services.

The Violence Reduction Partnership have partnered with Phoenix Psychology to provide support across the region. The VRP recognise the key role schools play in identifying and supporting children and young people at risk of exploitation and with trauma presentations and wanted to offer the opportunity to access psychological consultations.

We would be delighted to answer any questions you might have, please see below for some helpful frequently asked questions.

### **WHO WILL THE CONSULTATIONS BE WITH?**

Consultations will be delivered by either Dr Clare Thompson, Clinical Psychologist, Amanda Gripton or Dr Sophie Bettles, Forensic Psychologist's.

Psychological Practitioners within Phoenix Psychology are Registered Psychologists with the Health and Care Professions Council (HCPC) in possession of a current practice certificate. Practitioners hold a valid certification of professional indemnity insurance, ICO registration and a current DBS check.

Clare Thompson is an experienced psychologist who specialises in working with trauma across the lifespan. She works predominantly with those who have experienced attachment difficulties, complex trauma histories and chronic mental health difficulties. Clare specialises in third wave therapies, trauma focussed interventions and working with organisations to embed psychological thinking and trauma informed approaches.

Amanda Gripton has extensive experience across a range of forensic settings and specialises in Cognitive behavioural therapy, Attachment & Trauma models, Biopsychosocial model, Mental Health, Forensic including risk assessments/ reports, Personality Disorders and Cognitive functioning.

Sophie Bettles has a wealth of experience working with adults and young people who have engaged in high-risk behaviours, including sexually harmful and violent offences. Sophie has experience of assessment, formulation and intervention directly with service users as well as offering consultation, supervision and training to professionals.

### **WHAT WILL PSYCHOLOGICAL CONSULTATION INVOLVE?**

This will be with one of the named Psychologist's and be an opportunity to discuss a child / young person or a piece of work or project. It will be a reflective and safe space for you to think through the work.

If considering a child / young person, we may develop together a formulation which could help develop an understanding of individual, the challenges they face, the challenges with engaging them and support care planning.

One-to-one consultations will likely take place on Fridays with a Psychologist, which will be held for up to an hour via Microsoft Teams.

Supporting notes will be shared following the session to support future planning and a further consultation may be scheduled to review and offering continued support.

### **HOW CAN I BOOK AN APPOINTMENT?**

To register your interest in one-to-one consultation with Phoenix Psychology, please contact your VRP Navigator who can refer to Phoenix Psychology and if appropriate arrange an appointment.

### **DO YOU HAVE A QUESTION?**

Please do not hesitate to get in touch with your VRP Navigator who can discuss further with you.

