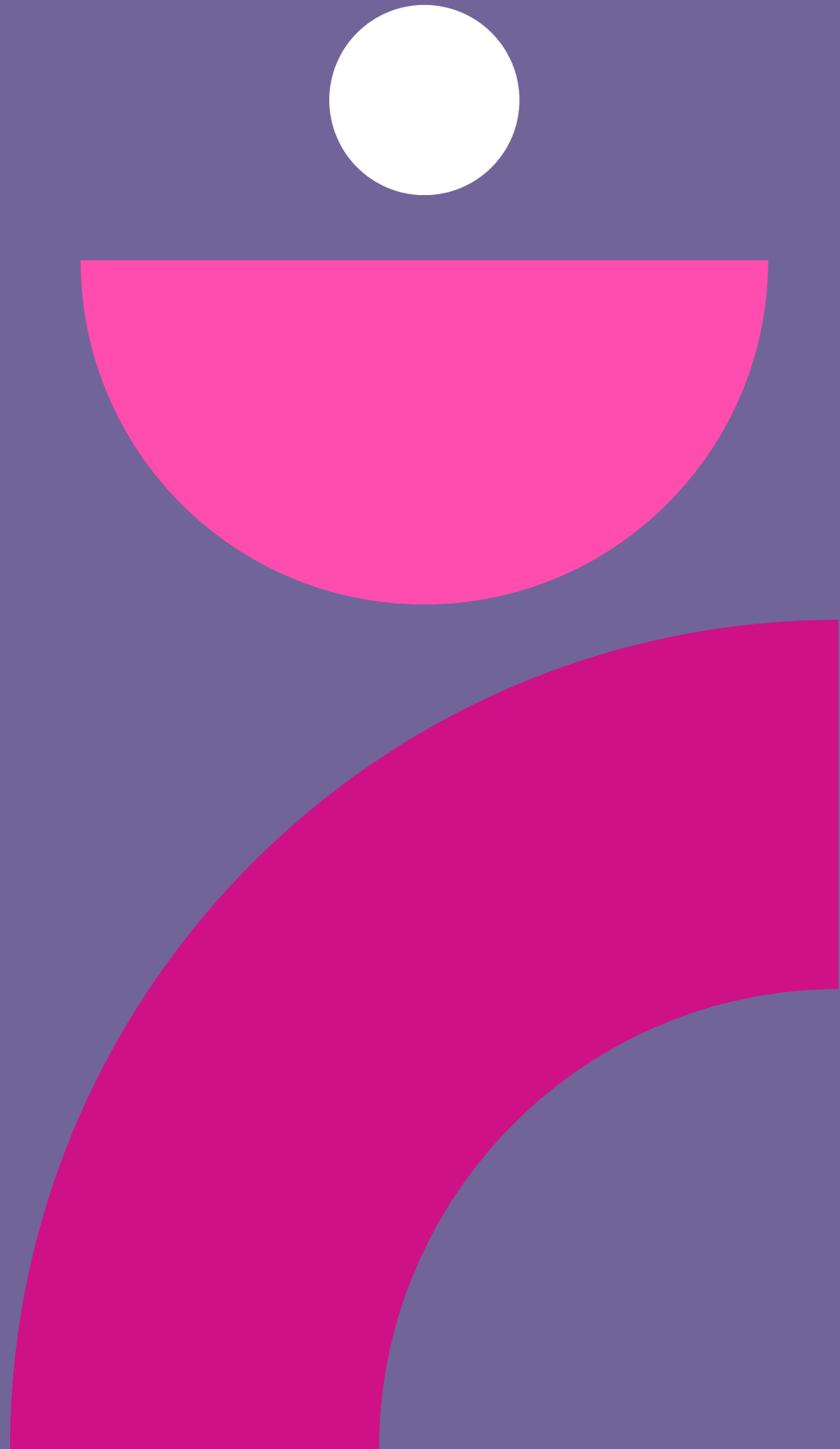




# Clinical Psychology Service

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# Paediatric Clinical Psychology Service

## A COMPASSIONATE, EXPERT TEAM

Welcome to the Paediatric Clinical Psychology Service at TCT. We are a team of Clinical Psychologists who provide assessments and interventions for children and young people up to the age of 18 experiencing emotional or psychological difficulties.

The children we see are typically struggling with their thoughts, feelings, behaviour, and ability to cope. Whether a young person is facing anxiety, behavioural challenges, neurodiversity-related difficulties, or emotional distress, the right support can make a world of difference. Our Paediatric Clinical Psychology Service is here to provide expert guidance, helping children, young people, and their families navigate these challenges with confidence.

### What Does a Paediatric Clinical Psychologist Do?

The role of a paediatric clinical psychologist is to listen to everyone's experiences and help children and families cope with the struggles and uncertainties that can arise from difficult circumstances. They are trained to understand each family's unique situation and work alongside them to make specific, agreed positive changes.

Psychologists provide children with a safe space to explore their emotions, build resilience, and develop strategies to manage challenges. By working closely with families, they ensure that support is holistic and family-centered, empowering both children and caregivers to move forward with confidence.

# Clinical Psychology

## WHO RUNS THE SERVICE?

**Dr Kate Martin, BSc (Hons) DClínPsy - Principal Clinical Psychologist**

Kate is a clinical psychologist who is passionate about working alongside children and adolescents and their families. Kate specialises in working with young people with neurodiversity and intellectual disabilities.

She obtained her doctorate in clinical psychology from Oxford University in 2009. She has since worked in an inpatient adolescent unit and in specialist residential schools for children with ASD. Kate has been the principal psychologist for an NHS based community mental health service for children with intellectual disabilities for over a decade.

Kate is experienced in undertaking neurodevelopmental assessments to support in making accurate diagnoses where appropriate and in supporting young people and their families to understand the strengths and difficulties, as well as emotional and behavioural challenges that children may be struggling with.

Kate is also experienced in working using a range of therapeutic modalities including CBT and systemic approaches. Kate is also a Video Interaction Guidance (VIG) Practitioner and has found that this approach can be supportive and empowering when looking to improve communication and relationships with children and young people, which can often underlie emotional and behavioural challenges.





# Clinical Psychology

## WHO RUNS THE SERVICE?

**Dr Phil Gower, BSc (Hons) DClinPsy - Principal Clinical Psychologist**

Phil obtained his doctorate in clinical psychology in 2011. Since qualifying, he has worked across a range of NHS clinical settings, including an inpatient critical care, adolescent unit and paediatric psychology service.

Phil is passionate about working with children and their families and has a specialist interest in working with children who have a long-term health condition and also experience psychological distress. He is skilled in various therapeutic modalities, particularly Cognitive Behaviour Therapy and Acceptance and Commitment Therapy. Within this, he is passionate about using the therapeutic approach which provides the best fit for families, supporting parents and carers to understand challenges in the context of family relationships alongside working with children to overcome their difficulties.

Outside of work, Phil enjoys physical activity and advocates for the evidence-based benefits this can bring to mental health and well-being. He will bring this into his practice, supporting children to do what they can, when they can, in a way they enjoy.

# Clinical Psychology

## WHO RUNS THE SERVICE?

**Dr Tanya Godwin Bsc (Hons); PGDip; MSc; DClinPsy.**

Tanya is a Clinical Psychologist and is a registered practitioner psychologist with the Health Care Professions Council (HCPC). Prior to training as a clinical psychologist, Tanya worked as a CBT therapist and continues to hold accreditation by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). She is also trained to foundation level in Systemic Therapy.

She has 15+ years' experience working across a number of different health and mental health settings, including private, voluntary and the NHS. Her extensive experience includes providing psychological assessment and therapy to people with a range of psychological and cognitive difficulties including depression, anxiety disorders (including OCD), PTSD, complex PTSD, bipolar disorder, psychosis, learning disability and dementia.

Tanya has worked therapeutically with both children and adults with autistic spectrum conditions, being able to adapt her therapeutic approach to suit the needs of the individual or family she is working with.

Tanya's doctoral thesis involved studying specific features of OCD and she has a special interest in working with this condition. In addition to her core training, Tanya has completed a wealth of professional development in additional therapeutic modalities including Compassion Focused Therapy, Acceptance and Commitment Therapy, Eye Movement Desensitisation and Reprocessing.



# Clinical Psychology

## WHO RUNS THE SERVICE?

**Dr Lucy Francis BSc, DClInPsy**

Lucy is a Clinical Psychologist who specialises in working with children with neurodiversity and mental health challenges.

Lucy completed her doctorate in Clinical Psychology at Southampton University in 2023. During Lucy's training she completed her yearlong specialist placement in a NHS specialist autism assessment service in CAMHS.

Since her doctorate Lucy has been a clinical psychologist based across the specialist autism assessment service in CAMHS and in a community mental health service for children. Before completing the clinical doctorate Lucy had five years of experience working within community based NHS services supporting children and adults with intellectual disabilities, neurodiversity and mental health challenges.

Lucy is experienced in administering neurodevelopmental assessments with children. She is passionate about providing young people and their families with post diagnosis support in understanding the strengths and difficulties associated with diagnosis.

Lucy is experienced in using a range of therapeutic modalities including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment therapy (ACT) and Systemic approaches. Lucy has also completed further specialist training in how to support young people presenting with Avoidant Restrictive Food Intake Disorder (ARFID) and tics and Tourette's.



## Service Outline

The team is passionate about providing the highest level of care and service to the people they work with and takes pride in building positive therapeutic relationships with every individual and family they support.

They can provide the following services:

- Comprehensive psychological assessment
- Detailed psychological formulation
- Psychometric assessment
- Cognitive assessment
- Indirect psychological consultation formulation around an individual and/or their system
- Cognitive Behavioural Therapy
- Systemically informed family or individual work
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Third wave CBT approaches such as Compassion Focused Therapy and Acceptance and Commitment Therapy



## How is the service offered?

- Clinic or virtual consultations.
- Referrals can be accepted from other professionals or families can self-refer.
- If a self-referral is made it will be subject to a pre assessment questionnaire being completed and checked by Dr Godwin to ensure that the referral is appropriate.

You can find full details of the team's experience, as well as child-friendly profiles available for download, on the [TCT Team page](#).

Please note that EP services provided in-clinic are held at our TCT Ashley Cross site. The full address, along with directions and clinic opening hours, can be found [on our website](#).

## Who is this service designed for?

As well as supporting tweens, teens and young adults, the team has experience working with younger children using a CBT approach for anxiety, OCD, social anxiety.

## Fees

Full assessment fee - on enquiry.







FOR FURTHER DETAILS OR TO MAKE A BOOKING

# Contact Us

THE TCT OFFICE & POSTAL ADDRESS

TOTAL CHILDREN'S THERAPY ASHLEY CROSS  
DPGP BUILDING  
41 CHURCH ROAD  
ASHLEY CROSS  
PARKSTONE  
POOLE  
BH14 0NN

TEL: 07939 410048

EMAIL: [INFO@TOTALCHILDRENSTHERAPY.COM](mailto:INFO@TOTALCHILDRENSTHERAPY.COM)

[WWW.TOTALCHILDRENSTHERAPY.COM](http://WWW.TOTALCHILDRENSTHERAPY.COM)

