

## Meet the CAMHS team



### CONSULTANT PSYCHIATRISTS

*Consultant Psychiatrists are doctors who are specially trained to work with children and young people with mental health problems. They identify the problem and may prescribe medicines for you if necessary.*



#### **Dr Penny Thompson – Consultant Child and Adolescent Psychiatrist**

Hi, my name is Dr Penny Thompson; I am a Consultant Child and Adolescent Psychiatrist. I have been working in Guernsey since 1993. Before that, I was a consultant at the Park Hospital for Children in Oxford. I initially trained as a paediatrician and then trained in psychiatry at The Maudsley Hospital, London. I am a CBT therapist with a special interest in eating disorders.

#### **Dr Gisa Matthies – Consultant Child and Adolescent Psychiatrist**

I am a Consultant in Child and Adolescent Psychiatry and joined the Guernsey Child and Adolescent Mental Health Service in May 2016, where I mainly work in the outreach team. Whilst I qualified from Medical School in Germany in 1997, I have lived and worked as a Psychiatrist in the South West of England since 1999. I qualified as a Family Therapist from Exeter University (2006) and have maintained my professional registration in this area.



## CLINICAL PSYCHOLOGISTS

*Clinical Psychologists are people who are trained to help children and young people understand the links between their thoughts, feelings and behaviour. They may suggest things for you to try to help you cope with difficult feelings.*



### **Dr Ben Newell – Clinical Psychologist**

I am a Clinical Psychologist who trained at Exeter University in Clinical and Community Psychology. I have worked in inpatient and community CAMHS teams, but have also spent time in psychological and neuropsychological services for older people and people with acquired cognitive impairment. I have experience in the delivery of parenting interventions and I am actively involved in the provision and supervision of the Incredible Years parenting programme. I also have an interest in Narrative Therapy approaches having completed further training in this area and I am trained in Interpersonal Psychotherapy for Adolescents.

### **Dr James Murray – Consultant Clinical Psychologist**

I am a consultant clinical psychologist. I see children, young people, parents and carers for a wide variety of issues, and I have a special interest in cognitive behavioural therapy (a talking therapy which is recommended for issues such as depression, anxiety, and obsessive compulsive disorder). I also am involved in assessments of attachment, advising carers of looked after and adopted children, and assessment and support for young people experiencing gender identity concerns.



## SOCIAL WORKERS

*Social workers often have a dual training in one or more models of practice, besides their social work profession; they are also qualified family therapists, psychotherapists or play therapists. Their guiding principle is to work holistically, promoting empowerment, equality and social justice for individuals and their families to enhance their wellbeing. Their work includes helping families and individuals with many aspects of their lives, including wellbeing, school, family and general lifestyle.*



### **Nicky Pledger – Social Worker**

I am the CAMHS Social Worker. I have been working with Guernsey CAMHS since 2012 following the completion of an MSc in Counselling Psychology. I qualified with an MA in Social Work in 2006 and have worked in various front line Child Protection Teams in the UK since. I have experience of working with clients with Eating Disorders in a community setting and play therapy within a Primary School setting. I have a special interest in working with families and you might see me working alongside the family therapy team or visiting families at home. I trained in Dialectical Behavioural Therapy (DBT) in 2014 and lead this treatment approach. I also trained in Non-Violence Resistance that is a systemic approach to support parents of children with violent and controlling behaviour.

## CLINICAL NURSE PRACTITIONERS

*Clinical Nurse Practitioners are trained nurses who have a special interest in your thoughts and feelings. They can also help you cope with the physical effects of mental health problems.*



### **Sarah Mead – Clinical Lead and Family Therapist**

Hi, my name is Sarah Mead and I have a dual role as the Clinical Lead and Family Therapist within the team. I have been working in Guernsey CAMHS since 1998. My special interest is in Systemic Family Therapy and I completed my MSc at the Institute of Family therapy in London having previously completed nurse training at the University of Portsmouth. I also enjoyed DBT training and especially appreciate being part of our weekly team consult meeting which helps us think about how we work with the those young people at highest risk of harm to themselves. I also value working with our partnership agencies and my systemic colleagues based in adult mental health.

### **Alison Van Heerden – Clinical Nurse Practitioner**

Hi, my name is Alison and I am a clinical nurse practitioner within the CAMHS team. I started working with CAMHS in September 2017. I qualified as a mental health nurse in 2002 and have worked in various settings. These settings include adult acute mental health services, substance misuse, forensics and liaison psychiatry.







### **Jess Storey – Clinical Nurse Practitioner**

My name is Jess and I am a Nurse Practitioner with the CAMHS Team. I studied for a degree in Mental Health Nursing through the University of East Anglia, which I completed in 2012. Since then, I have worked in adult and older adult mental health inpatient settings, including Albecq and Divette ward, prior to moving to CAMHS in October 2013. My particular interests are around the benefits of exercise on emotional wellbeing and believe in a holistic approach, working with each person as an individual. I work with children and young people on an individual basis along with involvement with the Eating disorder Team.

### **David Watson – Clinical Nurse Practitioner**

Hi, I'm David and I am a Clinical Nurse Practitioner within the CAMHS team and Neurodevelopmental Clinic. I qualified as a Mental Health Nurse from the University of the West of Scotland in September 2015 then shortly after moved to Guernsey. Since being on the island, I worked on the old Albecq ward and the new Crevichon ward within adult mental health services. With helping young people through their early lives, I moved during the summer of 2017 to CAMHS to progress my career. My background in adult mental health service is working with individuals using a holistic approach to better their recovery journey. I have recently undertaken my Dialectical Behavioural Therapy training (DBT), which has always been an interest of mine and has provided me with a new way to help young people and their family members.





### **Laura Edwards – Clinical Nurse Practitioner**

My name is Laura and I am Mental Health Practitioner within the CAMHS team. I qualified in 2017 and since then have gained experience of working in Acute Psychiatric inpatient settings for both adults and older adults before joining the CAMHS team in 2019.

We are fortunate enough to have what we call Locum Clinical Nurse Practitioners who join the CAMHS team for a set amount of time; this may be a few months to over a year. They are a very important part of the team and bring experience and expertise from a variety of different settings. We currently have a number of Locum Nurses within the CAMHS team.

## PSYCHOLOGICAL WELLBEING PRACTITIONERS

*Psychological wellbeing practitioners are people who are trained to provide short-term, low intensity interventions based on Cognitive Behavioural Therapy (CBT) principles for depression and anxiety disorders, and work with people early in their journey of mental health issues.*

### **Rosie Williams and Amber Gallienne – Psychological Wellbeing Practitioners**

Hi I'm Rosie (left) and I'm Amber (right) and we are Psychological Wellbeing Practitioners within the CAMHS team. We joined CAMHS in 2019 and are both in the process of completing our training; Rosie finishes the end 2019 and Amber mid-2020. We mostly work with adolescents offering short term interventions such as low intensity Cognitive Behavioural Therapy programmes for low mood and skills based sessions which aim to help clients learn distress tolerance, emotion regulation, mindfulness and interpersonal effectiveness skills. We also offer a guided self-help programme to the parents of children with anxiety. Although we mostly work with adolescents, we do also offer relaxation sessions and skills based sessions to younger clients.



## ASSISTANT PSYCHOLOGISTS

*Assistant Psychologists work with qualified psychologists. They help to support patients through some of their difficulties in a variety of ways under the supervision of a clinical psychologist.*



### **Kate Harbour – Assistant Psychologist**

Hi, my name is Kate and I am an Assistant Psychologist working within the CAMHS team. I hold a psychology degree from the Open University, a microbiology degree from the University of Leeds and a PhD in immunology from King's College London. I work closely with the psychologists in the team, helping and supporting them with various tasks. Part of my role in CAMHS is to work within the Neurodevelopmental Team, where I go into schools to observe children as part of an ADHD assessment. I also see young people for relaxation sessions and exposure therapy for anxiety.



## **THE ADMIN TEAM**

*The admin team are a vital part of the CAMHS team. They are the first people you will see when arriving at CAMHS and will make sure you're best prepared for your appointment. They take care of all administrative duties from booking appointments to liaising with other professionals.*



**Megan Wilson**  
**Personal**  
**Assistant**



**Tracy Lock**  
**Personal**  
**Assistant/ Typist**



**Cheryl Farnham**  
**Personal**  
**Assistant**



**Kerri Moore**  
**Admin Assistant/**  
**Receptionist**