

CLAUDIA MC LOUGHLIN – CURRICULUM VITAE

June 2021

1. Contact Details:

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2. **Education:** 1985-1989: Edge Hill College of Higher Education, Ormskirk
B.Ed. Hons. in Primary Education with a focus
on Special Educational Needs

1995-1997: Tavistock Centre,
Postgraduate Diploma in Psychoanalytic
Observational Studies

1997-2002: Tavistock Centre
MA and Professional Training in Psychoanalytic Child & Adolescent
Psychotherapy (M Psych Psych): 4 year full time training Placement in
Uxbridge CAMHS

3. Work Experience:

Cornwall CAMHS (January 2019 - ongoing)

Individual Psychotherapy - usually following the 28 session STPP model

Complex Case Management, joint working, supervision and consultation

Once monthly Work Discussion / reflective staff groups in two clinical teams

Freelance Work, Cornwall (September 2018-ongoing)

Individual Psychotherapy Assessment and Treatment

Psychodynamic / attachment based Parent Work

Psychodynamic Family Work

Psychodynamic Sibling Work

Clinical and / or Organisational Supervision to Junior Colleagues and Trainees in a variety of settings

Freelance Work, London (2013-July 2018)

Clinical work in association with a Clinical Psychology colleague's private practice, offering a combination of individual psychotherapy, parent work and psychodynamic family work, plus therapeutic and state of mind assessments.

Our ethos was very much based around collaborative multidisciplinary and multi-agency working, including active liaison with Education and Social Care, as well as joint working and cross referrals to and from Psychiatry, Systemic Family Therapy and Creative Therapies (Art-, Drama- and Music Therapy)

Baobab Centre, London (January 2016 - July 2018)

Individual Psychotherapy and other appropriate clinical interventions (including the use of Mindfulness Techniques) with individuals and groups of young people who came to the UK as unaccompanied minors and are in the process of seeking asylum.

Writing of formal letters and reports including court reports as and when needed.

This was a voluntary role in a small charity.

New Rush Hall all age SEBD School, Essex (January- December 2014)

Two days per week as a school based psychotherapist, offering staff consultation alongside therapeutic assessments, time limited psychotherapy treatments, parent and family work and liaison with other agencies including social care.

Islington Community CAMHS: Child & Adolescent Psychotherapist (2002-2012)

My work there included:

- Assessments for individual and Group Psychotherapy
 - Providing individual psychotherapy to children and adolescents
 - Co-leading year-long child psychotherapy groups and parent groups
 - Working with parents and families psychodynamically
 - Carrying out generic mental health assessments with families and individual children (assessing therapeutic needs)
 - Liaising with other agencies and professionals
 - Supervising / consulting to colleagues from various disciplines
 - Co-leading a multidisciplinary team within CAMHS
 - Line managing and operationally managing team members

Islington CAMHS in Education Service Child Mental Health Outreach Worker (2003-2005)

My work there included:

- Generic Family and individual assessments of therapeutic need

- Short-to medium-term generic family-,parent- and individual work
- Bridging hard to reach families with severe and complex mental health needs into the appropriate, local Tier 3 Services
- Liaison and joint work with other agencies and professionals
- Providing consultation to pastoral support and teaching staff in Secondary Schools and Offsite Units
- Developing and trialling outcome measures

Deputy Team Manager of Islington CAMHS in Education Service (2005-2008)

My work there included:

- Coordinating and developing CAMHS provision into Islington's three Pupil Referral Units (PRUs)
- Leading a multidisciplinary team of PRU clinicians, including clinical supervision
- Consulting to Heads of PRU and their staff
- Co-leading staff work discussion groups in PRU and Social Care teams
- Co-working severe and complex cases

2002-2003: South London and Maudsley Trust, CFCS Lewisham
Child & Adolescent Psychotherapist, Grade A

1997-2001: Uxbridge CFCS
Fully funded Training Post in Psychoanalytic Child Psychotherapy

1995-1997: MLD Special School, Brockley, South London
Class teacher and Coordinator of Art and Music Teaching

1993-1995: VSO, Nepal
Teacher Trainer and Literacy Class Motivator

1989-1993: Primary School Teaching, SENCO
Various Inner London Schools in Lambeth

4. Teaching Experience:

Birkbeck, University College London, Psychosocial Studies Department (October 2015 - July 2017)

Lecturer on the 'Psychodynamic Counselling and Psychotherapy with Children and Adolescents' course. This included leading once weekly Clinical Case Discussion and Mother-Infant Observation Seminars for second and third year postgraduate students, as well as some psychoanalytic theory teaching as and when required.

Sino-British Psychoanalytic Infant Observation Programme (May 2016 - July 2017)

40 weekly Skype Small Group Infant Observation Seminars to medical staff in Beijing, China

Tavistock Centre, London (2003-2009)

Seminar Leader for Course M7: Psychoanalytic Observational Studies

- Infant Observation
- Young Child Observation
- Work Discussion

Visiting Lecturer at the Tavistock Centre for the course 'Emotional Factors of Teaching and Learning', delivering lectures and seminars about exclusion, Bion's theory of group processes and the concept of the primary task and anti-task defences

5. Supervision Experience:

Clinical Psychologists, Social Workers, Art Psychotherapists, Family Psychotherapists, less experienced Child Psychotherapist in the Islington CAMHS in Education and clinic based CAMHS Teams

A group of community based Counsellors of varying types and levels of training, belonging to a Charity - mixture of individual and group supervision

Birkbeck Child & Adolescent Counselling and Psychotherapy Students, face to face and via Skype

6. Professional Memberships:

ACP / TSP / BPC

7. Specific professional interests:

I am particularly interested in creative and experimental uses of psychoanalytic technique when working with people from different cultures and / or with multiple and complex, intergenerational difficulties - including adaptations of technique and joint working with creative therapists in particular. My past work in Pupil Referral Units included some very effective collaborations with a psychodynamically oriented Art Psychotherapist.

I am experienced and interested in co-leading child psychotherapy groups, parent groups and sibling or family groups, as well as work discussion groups for staff groups within health, education and social care.

I have lived and worked in Nepal for two years during the 1990's, and on my return to London became a Buddhist. I am part of a contemporary Buddhist Movement and in that context have taught Mindfulness for Stress and Mindfulness for Depression 8 week courses, based on John Kabat-Zinn's model. I am very interested in finding creative ways of thinking and working together across social, geographical and cultural boundaries.

I have completed a one year Diploma Course in Ecotherapy in July 2016, with Caroline Brazier, a Buddhist Psychologist. This approach focuses on delivering therapeutic work outdoors in natural spaces, both with individuals and small groups.

8. Publications

'Working within schools and alternative educational settings' (*Chapter in 'The Handbook of Child & Adolescent Psychotherapy, ed. M. Lanyado et al, 2nd Edition, Routledge 2009*)

Concentric Circles of Containment - a psychodynamic contribution to working in Pupil Referral Units (*Journal of Child Psychotherapy 36 (3), 2010*)
(*This paper is on the Birkbeck and Tavistock Child Psychotherapy Training Reading Lists*).

'Make sure you keep our house safe' - thematic analysis of a children's psychotherapy group (*Journal of Child Psychotherapy 38 (3), 2012*)

Online Lecture for the Tavistock 'Emotional Factors of learning and teaching' Course, on the subject of (school) exclusion (2014)

'Shifting Ground - the child without family in a strange new community',
Co-authored with colleagues Sheila Melzak and Ferelyth Watt
(*Journal of Child Psychotherapy 44 (3), (December 2018)*)

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Claudia Mc Loughlin
Child & Adolescent Psychotherapist

