Sarah Castle

Consultant Child and Adolescent Psychiatrist

Kinder Minds is the Northland-based vision of founder Dr. Sarah Castle, a Consultant Child and Adolescent Psychiatrist who trained at Imperial College, University College London and the Tavistock Clinic.

Sarah focuses on a compassionate approach to understand each young person’s unique experiences and challenges. She has experience in leading child and adolescent mental health services in Northland. Her specialisms are trauma, neurodiversity (Autism and ADHD), alongside a multitude of therapeutic interventions.

Her passion for mental health care is matched by her dedication to create a clinic that offers outstanding care for children and adolescents.

# How We Can Help

We can help you with assessments of most psychiatric and psychological conditions, including (but not limited to):

Autism Spectrum Disorders (ASD)

Attention Deficit/Hyperactivity Disorder (ADHD)

Trauma and Attachment

Medication Review and Management

Self-Harm

Eating Disorders

Mood and Behavioural Disorders

Psychotic Disorders

At Kinder Minds, we understand the world through the eyes of young people and their families facing mental health challenges. From the simple to the complex, our service is built to provide a safe haven where every young person feels understood, respected, and supported. Sarah's expertise in child and adolescent psychiatry together with her specialised knowledge in managing a spectrum of mental health issues, ensures that our care is not just professional but deeply empathetic and personalised. Whether it's navigating the intricacies of ADHD, ASD, or overcoming the effects of trauma, we are here to help young minds heal.

# Our Approach

At Kinder Minds, our approach to mental health care for young people is deeply rooted in compassion, expertise, and a commitment to transformative healing. Under the leadership of Sarah, our medical director, we offer a sanctuary for children and adolescents grappling with a range of mental health challenges. Sarah's extensive training in child and adolescent psychiatry, including her specialized work in trauma and neurodiversity such as Autism and ADHD, equips us to provide care that is not only professional but also empathetic and tailored to the individual needs of each young person.

Our clinic's philosophy is centered on a compassionate understanding of the unique experiences and challenges faced by young people. With Sarah's experience leading child and adolescent mental health services and her dedication to creating a clinic that delivers outstanding care, we are well-positioned to support families on their journey toward healing. Our therapeutic interventions are holistic and innovative, addressing issues like depression, anxiety, ADHD, autism spectrum disorders, and the effects of trauma.

Kinder Minds is more than just a clinic; it is a beacon of hope and healing. Our mission is to transform lives by delving into the inner world of children and adolescents, empowering them with the tools they need for recovery and resilience. We strive to ensure that every young person feels understood, respected, and supported, as we navigate the intricacies of their mental health with them. Our service is a testament to our dedication to the mental health journey of young people and their families, providing a safe haven where they can heal and thrive.

# Who We Are

Kinder Minds is founded by Dr. Sarah Castle, a Consultant Child and Adolescent Psychiatrist with expertise in children and adolescents' mental health, and Edoardo Giorgi, the administrative director with a rich background in nuclear science. This partnership is the cornerstone of our clinic, dedicated to providing exceptional mental health care and supporting families through their healing journey, focusing on the unique needs of each young person we serve.

At the core of our clinic's mission is Sarah, whose deep passion and extensive training in psychiatry form the backbone of Kinder Minds' therapeutic approach. Originally from the United Kingdom and now based in New Zealand, she has refined her expertise through rigorous training at Imperial College London and further specialisation at the Tavistock Clinic in North London. Sarah's commitment to her field is evident in her holistic and innovative treatment methods, which address a spectrum of mental health issues, including depression, anxiety, ADHD, autism spectrum disorders, and trauma. Her philosophy centres on understanding the intricate worlds of young people, fostering an environment where their concerns, dreams, and challenges are met with empathy and expert care.

Edoardo, transitioning from nuclear science to lead Kinder Minds' operations, blends scientific precision with compassionate oversight. His commitment to a supportive environment is evident in his calm demeanour, meticulous attention to detail, and transparent communication. Edoardo ensures that our clinic's administrative framework actively supports the therapeutic process, making every family's journey with us feel informed, supported, and valued.

# Our Mission

Here at Kinder Minds we are dedicated to providing exceptional mental health care and supporting families through their healing journey, focusing on the unique needs of each young person we serve.

Our aim is not just to treat but to transform the lives of children and adolescents by understanding their inner world and empowering them with the tools they need for recovery and resilience. Kinder Minds stands as a beacon of hope and healing, ready to support the mental health journey of young people and their families.

## Growing Kinder Minds

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As these are Kinder Minds' early days we have a team of professionals that provide ‘as needed work’ for our patients, including CAMHS nurses with lived experience of neurodiversity, social workers with additional eating disorder experience and Psychology colleagues.

As Kinder Minds grows, we are committed to expanding into a multi-disciplinary service that will include psychologists, therapists, mental health nurses, and social workers, all with lived experience and specialized expertise. Our collaborative team approach will ensure the best possible and comprehensive care for the children and adolescents we serve.

# The Kinder Minds Team

At present Kinder Minds is setting its first roots and beginning to grow so the permanent team is comprised of its founding members, Dr. Sarah Castle, as its Medical Director, and Edoardo Giorgi, as its Administrative Director.

We are committed to delivering the best care possible to the young people of Northland and New Zealand so as we grow we will be calling on a team of professionals that provide ‘as needed work’ for our patients. This team has been grown from our established working relations with health professionals who are equally passionate about helping young people and include CAMHS nurses with lived experience of neurodiversity, social workers.

As we grow we expect to establish a growing permanent team to deliver our envisioned multi-disciplinary care to achieve the best possible outcomes for the young minds in need of healing.

## Sarah Castle

Dr. Sarah Castle is at the heart of Kinder Minds' approach and commitment to helping young people and their families overcome the mental health challenges they face. Sarah brings a wealth of psychiatric and therapeutic expertise gained through her extensive training and specialisation. Sarah also held the position of Clinical Head of Department for Child and Adolescent Mental Health, Early intervention in Psychosis, Maternal Infant Mental Health and Forensic CAMHS Services, in Te Tai Tokerau DHB across Northland.

Alongside formal clinical training, Sarah is passionate about working alongside families and Young People, to understand their inner world, concerns, worries, fantasies and dreams matter by giving them a voice. She often tries to work creativity and works outside of a one size fits all approach, to connect with ‘hard to reach’ children and young people.

Sarah has a keen interest in the assessment and treatment of trauma and neurodiversity, including ASD and ADHD. Her expertise is broadened by additional training in Eye Movement Desensitization and Reprocessing (EMDR), Mentalization Based Therapy for Adolescents, Cognitive Behavioral Therapy for trauma, Dialectical Behavioral Therapy, and other talking therapies. Sarah is particularly skilled in supporting young people through the diagnostic process, including ADOS-II, and offering interventions that benefit them and their families post-diagnosis, demonstrating her comprehensive approach to mental health care.

### Medical Training

* Imperial College
* MBBS Medicine.
* University College London
* Intercalated International Health with Medical Anthropology
* Maudsley Hospital (South London) & University College London: Core Psychiatric Training Rotations in:
* Eating Disorders
* Adolescent Consult Liaison
* General Adult Psychiatry
* Adult Addictions
* Adult Psychotherapy
* Tavistock Clinic (North London)
* Higher Training in Child and Adolescent Psychiatry.
* Including inpatient and Gloucester House, Specialist school placement

## Therapeutic & Assessment Modalities offered

* Autism Diagnostic Observation Schedule (ADOS-II)
* Eye Movement Desensitisation and Reprocessing (EMDR)
* Mentalisation Based Therapy (MBT) for Adolescents
* Cognitive Behavioural Therapy (CBT) for Trauma
* Dialectical Bevioural Therapy (DBT)
* Psychodynamic Psychotherapy

## Edoardo Giorgi

Edoardo fulfills the technical and administrative role of making sure Kinder Minds runs as smoothly as possible, and that the team has everything it needs to deliver on our mission to help young people and their families.

Edoardo beings a multitude of skills picked up along his squiggly career from being a Nuclear Scientist to being a Science Communicator and Technical Writer. Being a patient and calm individual with an exceptional eye for detail you can expect him to ensure the families and young people we care for receive all the support needed to remain up to date with treatment plans and appointments.