



Health City

HEALTH IS WEALTH. Ad Maiorem Dei Gloria

CV

DR. HELEN LAYTON

Clinical Psychologist, CBT Practitioner, Systemic Therapy Practitioner; Psychodynamic Therapy Practitioner, Children and Families, etc

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Employment and Relevant Work Experience:

March 2021 - Present

**Senior Clinical Psychologist; Perinatal Parent Infant Mental Health Service (PPIMHS)
North East London Foundation Trust**

- Providing therapy to parents and their children (up until the age of three) to address attachment difficulties and parental mental health difficulties
- Providing therapy for those in pregnancy who are concerned about their attachment with their unborn babies or are experiencing difficulties with their mood
- Completed training in Circle of Security and Compassion Focused Therapy

January 2019 - October 2021

**Clinical Psychologist; Islington CAMHS/Parent and Baby Psychology Service
Whittington Health NHS Trust**

- Delivering therapeutic interventions to under 5s and their families
- Therapy for parents experiencing mental health difficulties in pregnancy and post-partum

September 2015 - September 2018

Trainee Clinical Psychologist; Surrey and Borders NHS trust

- Doctoral training placements delivering therapy and assessment within CBT, systemic and psychodynamic frameworks
- Experience of working within community, inpatient and crisis care settings

September 2013 – September 2015

Psychological Wellbeing Practitioner/Trainee Psychological Wellbeing Practitioner; Wandsworth IAPT

South West London and St Georges NHS Trust

- Triage and assessment for those experiencing mental health difficulties
- Delivery of CBT based interventions within primary care mental health service.
- Audits and research

Qualifications:

2015-2018	Canterbury Christ Church University, Salmons Centre for Applied Psychology Doctorate in Clinical Psychology (DCLINPSY)
2013-2014	University College London Certificate in Low Intensity Cognitive Behavioural Interventions
2010-2014	The Open University MSc in Forensic Psychology and Criminology
2007-2010	Royal Holloway, University of London BSc in Psychology, 2:1

References on request