



Dr Sophia Milsom, Chartered Clinical Psychologist

BSc (Hons), MSc, DClinPsy, CPsychol

Professional Registration

Health & Care Professions Council (HCPC), *Practitioner Psychologist*, No. PYL31628

British Psychological Society (BPS), *Chartered Psychologist*, No. 263277

Contact

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Education

- Doctorate in Clinical Psychology (DClinPsy), 2011 – 2014, University of Hertfordshire
- MSc Mental Health Practice, 2006 – 2008, University of Manchester
- BSc (hons) Psychology and Neuroscience, 2002 – 2005, University of Liverpool

Employment

January 2023 to present:

Whittington Health NHS Trust, Islington Additional Needs and Disability Service (IANDS)

Social Communication Team (Children Under 5 years - Autism, ADHD and Neurodevelopment)

Clinical Lead, Highly Specialist Clinical Psychologist

September 2017 to March 2023:

Whittington Health NHS Trust, Islington Community Child and Adolescent Mental Health Service

Enhanced Team, Islington Children's Social Care

Highly Specialist Clinical Psychologist

October 2014 to September 2017:

East London NHS Foundation Trust, Newham Child and Family Consultation Service

Integrated Neighbourhood Team - Newham Children's Social Care, Early Help and Schools

Highly Specialist Clinical Psychologist

October 2011 to September 2014:

Tavistock and Portman NHS Trust, Multi-Agency Liaison Team (Camden Children's Social Care)

North Essex Partnership NHS Trust, Harlow Child and Adolescent Mental Health Service

Hertfordshire Partnership NHS Trust, Forensic Adult Learning Disability Service

Hertfordshire Partnership NHS Trust, Adult Primary Mental Health Service

North Essex Partnership NHS Trust, Older Adults Community Mental Health Team

Trainee Clinical Psychologist

January 2009 to September 2011:

East London NHS Foundation Trust, John Howard Centre - Medium-Security Forensic Mental Health, Dangerous and Severe Personality Disorder Service

Assistant Research Psychologist

Clinical Experience

Assessment

- Providing highly specialist mental health assessments and formulation of children, young people and their families.
- Psychological assessment and formulation of parental mental health, including interpersonal difficulties, complex trauma, anxiety and depression.
- Psychological assessment of children and adolescents with emotional and behavioural difficulties.
- Assessment of psychosocial factors affecting family functioning and parenting capacity, including mental health, substance misuse and domestic violence.
- Assessment of parental insight, motivation and capacity to change.
- Use of individual, parent, and family clinical interviews
- Use of clinical interview and psychometric assessment to screen for parental difficulties with mental health, parental stress, personality and reflective functioning.
- Assessment of attachment and parent-child relationships, including use of observation and structured assessment.
- Assessment of the impact of child maltreatment and developmental trauma, including emotional, physical and sexual abuse and neglect.
- Cognitive assessment of children, adolescents and adults.
- Diagnostic assessment of neurodevelopmental difficulties, such as Autism and ADHD.

Intervention

- NICE guideline recommended interventions for a range of mental health difficulties, including PTSD, OCD, anxiety and depression in children and adolescents
- Integrative therapeutic interventions with children and adolescents using mentalisation, systemic, narrative and cognitive-behavioural therapies.
- Individual, group and family interventions for children and parents, including parenting interventions.
- Systemic interventions for attachment difficulties, developmental trauma, and parent-child relationships.
- Psychological intervention for parents presenting with complex trauma, anxiety and depression.

Specific Training

- Autism Diagnostic Observation Schedule, Second Edition (ADOS-2), January 2023, *Tavistock & Portman NHS Trust*
- Mentalization-Based Treatment for Families – October – December 2020, *Anna Freud Centre*
- Expert Witness - Courtroom Skills – November 2020, *Bond Solon*
- Story Stem Assessment Profile – Accreditation Training, June/July 2018, *Anna Freud Centre*
- Narrative Therapy – Levels 1 & 2, January 2015 & October 2016, *Institute of Narrative Therapy*
- Non-Violent Resistance - Facilitator Training, December 2015, *Oxleas NHS Trust*
- Trauma-Focused CBT for Children and Adolescents - May 2015, *South London & Maudsley NHS Trust*