

Curriculum Vitae

Filipa Nogueira

BA, MSc, PG Cert, PG Dip
Clinical Psychologist

Summary

I am a registered Clinical Psychologist with 13 years of experience working with babies, children, adults and families across diverse clinical settings in the UK and internationally. I specialized in perinatal mental health and parent-infant assessments and therapeutic work and currently work as a Principal Psychologist in a Perinatal Community Mental Health Team. I have also a specialist interest in working with young children in their early years and adults with complex emotional needs.

I have previously worked in CAMHS, supporting children and adolescents with emotional and behavioural difficulties, including looked-after children and those on the edge of care. I have also worked with a Local Authority, providing specialist assessments and therapy for adults with complex mental health needs.

Experienced in the assessment of:

- Specialist Assessments and interventions **for parent-infant** at risk dyads
- **Child mental health:** such as developmental trauma and the impact of abuse, neglect, and high conflict parenting, mood disorders and behaviours that challenge adults.
- **Adolescent mental health:** as per child mental health, self-harm, mood disorders and challenging behaviours.
- **Adult mental health:** such as PTSD and Complex PTSD & mood disorders, Personality Disorders, Perplexing Presentations / Fabricated or Induced Illness by carers, substance misuse, behaviours that present a risk to others, high conflict parental separation. Perinatal mental health assessments both antenatally and post-natal.
- **Parenting:** in the context of mental health difficulties, substance misuse and high conflict separation, previous removals.

A psychological assessment concludes with an opinion on:

- Emotional, cognitive, and behavioural development
- Risk of harm to others and risk of harm to self
- Relationships
- Attachment
- Strengths / resilience, coping methods
- Personality and Mental health
- A parent's capacity to understand and meet the needs of their children
- A parent's capacity to understand the concerns of others, reduce conflict with co-parents, achieve change and work with professionals
- Recommendations for evidence-based interventions

Experience and qualifications

March 2019 – present

Principal Clinical Psychologist, Perinatal Mental Health Team – South West London and St George's Mental Health Trust.

- 8a Highly Specialist Clinical Psychologist between 2019-2022 (Full time)
- 8b Principal Clinical Psychologist 2022 – Present (Full time until Dec 23 and part-time since)
- Responsible in providing specialist mental health assessments, formulation and delivery of psychological therapy for women in the antenatal period and/or post natal period. The work includes working with women with complex trauma history or personality difficulties.
- Parent-Infant psychotherapy work with women and their babies
- Consultation to different professionals in the team and wider network
- Supervision
- Service Development and set up of a new perinatal trauma and loss sub-team.

Jun 24 – Apr 25

Principal Clinical Psychologist, Family Safeguarding Team, Wandsworth Children Services. Seconded from Wandsworth Community Mental Health team, South West London and St George's Mental Health Trust (part time)

- Adult mental health assessments and treatments
- Consultation
- Supervision

Jan 2024 – June 2024

Principal Clinical Psychologist, CAMHS Under 5, Barnet, Enfield and Haringey Mental Health Trust (part-time)

- Working with children under 5 and parents – specialist assessments and interventions
- Clinically leading the pathway
- Supervision
- Consultation

Feb 2018 to Feb 2019

Specialist Clinical Psychologist (B7), Neurodevelopment Assessment and Sutton CAMHS South West London and St George's NHS Foundation Trust

- Mental Health Assessments of children and young people with moderate to severe mental health needs
- Individual psychological interventions for children and young people, particularly with trauma, anxiety disorders, depression and/or emotional regulation difficulties
- Family work with wider family members
- Consultation to different professionals in the team and wider network
- Duty Clinician providing risk assessments and consultation
- Working as a Care-Coordinator and liaising directly with schools and Social Care
- Comprehensive and complex neurodevelopment assessments and conducting structured interviews aiming to formulate/diagnose neurodevelopment difficulties.
- Responsible in providing and elaborating detailed reports formulating the CYP difficulties to a different range of audiences

May 17 to Feb 2018
CAMHS Practitioner, Croydon CAMHS
South London and Maudsley NHS Foundation Trust

- Responsible to provide mental health comprehensive assessments to CYP with moderate to severe mental health difficulties and their families.
- Working as a Care Coordinator providing risk assessments and implementing individual psychological interventions based on different models for children and their families and carers.
- Responsible for Identifying and assess safeguarding concerns and to do the appropriate referrals to other Child Protection teams.

Jan-May 2017
Psychological Wellbeing Tele-coach, Adult Mental Health
Cambridgeshire and Peterborough NHS Foundation Trust

- Risk Assessments and triages over the phone to people presenting in mental health crisis
- Liaising and working together alongside other professionals to ensure guidance and consultation

March-Dez 2016
Applied Behavioural Analysis (ABA) Tutor, Rainbow School
Beyond Autism, London

- Delivering ABA to students with severe learning difficulties, including Autism

2012 to 2015
Clinical Psychologist
Family and Parent Support Centre, Lisbon

- Final 6 months training placement with Look after children and families on the edge of care. Individual therapy and assessment of children and adults.
- Working as a newly qualified Clinical Psychologist with Look After Children and children under Social Care and their families;
- Court work – parental conflict, children under child protection plans or on the edge of care and look after children.
- To formulate and implement the appropriate best care plans for families and their children
- Working also as part of a project to support women with a diagnosis of HIV when in the antenatal and or post-natal period and with mental health difficulties, offering individual therapy and consultation
- Responsible for the deliver of individual therapy to children and adults with mental health difficulties. This included the deliver of attachment informed work; systemic informed work and short psychodynamic therapy to children with emotional and behavioural problems and to parents with personality difficulties, complex trauma history and substance misuse issues.
- Working alongside and MDT and providing supervision and consultation to other staff members
- Responsible for supervised contacts with children and their parents where conflict and custody proceedings were present
- Responsible for conducting cognitive assessments and neuropsychological tests

2011 to 2012

Trainee Clinical Psychologist, Psychology Department Alfredo da Costa Maternity Hospital, Lisbon

- To provide input, consultation and liaison to professionals working in a Neonatal Intensive Care Unit and to an Obstetric Service
- Under supervision of a senior psychologist I assessed and evaluated perinatal mental health difficulties and formulated and implemented treatment plans for women and couples in the post-natal or antenatal period presenting with a range of mental health difficulties such as depression, anxiety, personality difficulties and trauma.
- I was also linked with the under five service aimed to assess children under five who were born prematurely and were presenting with behavioral and development difficulties. One of my roles included to conduct and scored supervised developmental and cognitive tests

2009 to 2010

Trainee Clinical Psychologist, Adolescent Pediatric Department CHLN – St Mary Hospital, Lisbon

- As a trainee I worked in a Outpatient Pediatric Department Service. During this training I have worked with children, adolescents and their families presenting with health issues and associated mental health and/or learning disability difficulties.
- Under the supervision of a Senior Clinical Psychologist I have conducted cognitive assessments to young people and delivered individual therapy to young people presenting with emotional and/or behavioural difficulties
- Other responsibilities included to take part in clinical audits used for service evaluation.

Personal Qualifications:

2021- 2024: Foundations of Psychodynamic Psychotherapy – Tavistock and Portman

2019: Exeter Perinatal Clinical Psychology Training

2018: M7 Post Graduate Certificate – Working with children, adolescents, and families – a psychoanalytic observational approach -Tavistock & Portman NHS Trust, Essex University – Including a 1 year long infant observation.

2008: Msc Clinical Psychology, ISPA –IU Lisbon

2005: BA Applied Psychology, ISPA-IU Lisbon

Therapeutic training:

2021 Foundations of Psychodynamic Psychotherapy – Tavistock and Portman
2023 Video Interaction Guidance – 2,5 days - (AVIG UK) – *working towards accreditation*
2021 Video Intervention for Positive Parenting (VIPP) – Tavistock and Portman NHS Trust
2019 EMDR Training (Level 1, 2, 3) EMDR Academy
2019 Mentalization-Based Treatment (MBT), Basic Training, 3 days - Anna Freud Centre
2020 Reflective Parenting Training, Anna Freud Centre
2017 Trauma Focussed CBT (TF-CBT) for children and young people with post-traumatic stress disorder, Anna Freud Centre

Assessment training:

2024 Alarm Distress Baby Scale (ADBB) screening – 1 day workshop
2023 Assessing Parent-Infant Relationships – 1 day workshop – OXPIP
2023 Reflection Function Training on the Parent Development Interview – 3 days – Anna Freud Centre
2020 Parent Infant Observational Scale (PIIOS) – Warwick University
2017 3Di5 - Development, Dimensional, Diagnostic Interview – 2 days - UCL Institute of Child Health/GOSH

CPD Courses:

- 2020** Child-Parent Psychotherapy (CPP): A Relational Treatment for Young Children Who Have Experienced Trauma (1 day workshop), Anna Freud Centre
- 2019** Infant Mental Health Conference – conception to 5 - SLAM & Maudsley Learning (1 day workshop)
- 2019** Exeter Perinatal Clinical Psychology Training. BPS, Exeter University
- 2019** Perinatal Mental Health – A Multiagency Simulation Course – SLAM & Maudsley Simulation (1 day course)
- 2019** Perinatal Mental Health Team Training and Parent-Infant Introduction, Tavistock & Portman NHS Trust (3 days)
- 2013** Rorschach Technique, ISPA-IU, Lisbon (1 day course)
- 2009** Tavistock Clinic Lisbon Seminars – Trauma and its effects; Working with abusive families; Fostering and Adoption. Lisbon (3 days seminars)

Professional registration

Registered Clinical Psychologist with the Health and Care Professions Council (HCPC) **PYL34202**