Anna Freud
building the mental wellbeing of the next generation

# Family Trauma Team

Our Family Trauma service is delivered by a multi-disciplinary team of mental health professionals, some with a background in social care and others in a CAMHS setting. Our specialist team undertakes assessments of whole families where children are on the edge of care and in care-proceedings, and makes recommendations about care, contact, therapy and support needs. Packages of therapy can be commissioned for children, young people and their parents, carers and whole families following family trauma including abuse (physical, emotional, sexual, domestic abuse or homicide), neglect, traumatic loss or separation. The team also undertakes assessment and therapeutic work with children living in families with high levels of conflict between parents and families with adopted children. In addition, there are several projects sitting within the Family Trauma department which work with whole systems, e.g. social care and CAMHS.

## Meet our team



### Dr Sheila Redfern (she/her)
### Consultant Clinical Psychologist

I am the Head of our Family Trauma Department in the Clinical Division at the Anna Freud Centre where I lead a multi-disciplinary team of therapists. I have been at the centre for 8 years and before this I worked for 20 years as an NHS consultant clinical psychologist in CAMHS across London. I specialize in working on developing and delivering interventions for parents and carers and in working therapeutically with children in care, on the edge of care or in adopted families.

My area of interest is in mentalization based approaches for both professionals and families. I established and ran an MBT-A service for self-harming adolescents in CAMHS. I am trained to advanced level in MBT and is a listed practitioner. I am an accredited MBT-A (Adolescent) practitioner and supervisor, an accredited Video Interaction Guidance (VIG) practitioner.

I train professionals in mentalization interventions, particularly group-based ones. I have an interest in children and young people who are neurodivergent and am trained in a wide range of assessment tools including Autism Diagnostic Observation Schedule (ADOS), Autism Diagnostic Interview, Story Stems, Child Attachment Interview (CAI) and the Parent Development Interview (PDI). I innovated the Reflective Parenting and Reflective Fostering model to use with parents and carers individually and in groups where there are difficulties in the relationship.

I have extensive experience of court assessments particularly in relation to care proceedings.

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## Dr Theresa Schwaiger (she/her)



### Clinical Psychologist

I am a Deputy Head of the Family Trauma Department of the Clinical Division at Anna Freud. In this role I am the clinical lead for Family Trauma assessment and treatment work (including court assessments), and I am also the clinical lead for projects aiming to identify and meet the needs of separated children and young people. I trained as a Clinical and Health Psychologist in Vienna, Austria (2011) and qualified from University College London in 2016. I am registered with the Health and Care Professions Council and the Austrian Ministry of Health. I have specialised in the work with complex childhood and adult trauma and have got many years of experience providing assessment and treatment for refugees and asylum seekers, homeless people and children with history of attachment disruption, severe abuse and neglect. I have previously worked in specialist NHS services for Looked After and Adopted Children.

My therapeutic approach is integrative and evidence-based, I draw on different methods depending on what is needed, including family therapy, CBT, attachment and trauma-focused therapy and psychodynamic approaches. I am trained in Mentalization-based Treatment for Children and Families (MBT-C, MBT-F), Narrative Exposure Therapy (NET), Eye Movement Desensitisation and Reprocessing (EMDR) for adults and children, Cognitive-Behaviour Therapy (including trauma-focused CBT), Transcultural Psychological Therapies, and Parent Support programmes.

I speak English and German.

## Dr Anoushka Khan

### Clinical Psychologist



I am Chartered under the British Psychological Society and registered with the Health and Care Professionals Council. I completed my clinical doctorate in 2008, and have a Master's degree in Health Psychology. My experience includes working in various psychological services in the NHS and the voluntary sector since 2002. My specialist experience includes supporting 'looked-after' children and young people, care leavers, their carers, professionals, networks (and the system) across local authorities and specialist CAMHS teams; at the Anna Freud National Centre for Children and Families I currently support post-adoption support services with Mentalization-Based Treatment for Children (MBT-C), and the Reflective Fostering Programme. I have experience as an expert witness in child care proceedings as part of court assessment services; supporting school inclusion services; teaching on post-graduate courses and providing training and consultation to social care teams and schools. I have also worked in adult mental health services in the NHS.

Outside of the Centre I jointly manage and lead a specialist CAMHS team for Children Looked-After and care experienced in Islington under the Whittington NHS Trust.

## Dr Cleo Van Velsen

### Consultant Psychiatrist



I am a Consultant Psychiatrist in Forensic Psychotherapy and worked in the NHS for over 30 years. I qualified in London in 1984 and specialised in psychiatry and psychotherapy, before moving to forensic psychotherapy which involved (the assessment and treatment of offenders.

I am a member of the Royal College of Psychiatrists as well as the British Psychoanalytical Society in.

Previously I worked for the Medical Foundation for the Care of Victims of Torture and completed research in post traumatic stress disorder. I am the co-editor of a textbook of Forensic Psychotherapy and section editor of the Edinburgh International Encyclopaedia of Psychoanalysis. I have contributed papers to journals and chapters in books.

I have presented at many national and international conferences on personality disorder and related topics, including applied aspects of forensic psychiatry and psychotherapy. I also have an interest in the portrayal of mental disorder in film.

Alongside I have assessed people for the civil, criminal and family courts.



## Dr Charlotte Morton (she/her)

## Clinical Psychologist

I am a qualified Clinical Psychologist registered with the Health and Care Professions Council. Within the Family Trauma Team, I am part of the Contact and Residence Disputes Team and the Post-adoption and Special Guardianship Team.

I completed my clinical doctorate in 2021 and completed an MSc in Clinical Mental Health Sciences in 2017. I have previously worked in a specialist NHS service for children in care and adopted children, where I worked therapeutically with children in care and provided consultation, training and support to social workers, foster carers, kinship carers, special guardians and adoptive parents. Outside of the Anna Freud Centre, I also work in the NHS in a CAMHS Mental Health Support Team (Berkshire Healthcare NHS Foundation Trust) where I provide therapeutic support to children, young people and parents/carers, as well as training and consultation to education professionals working in primary and secondary schools.

## Dr Emma Morris (she/her)

## Consultant Clinical Psychologist

I am a consultant Clinical Psychologist and joint deputy head of the family trauma team.



I deliver therapy to children, young people and families and support other professionals doing the same. I also work with different teams to develop and test out new types of interventions.

I have worked as a clinician for over 20 years in both the NHS and the charity sector. I specialise in work with children, young people and families who are struggling with things like anxiety, depression, relational trauma, parenting and family relationship difficulties (including parental conflict). I use different approaches in my work, including mentalization-based therapies, systemic family therapy, multi-family therapy and cognitive behavioural therapy. I have over 15 years' experience as an expert witness to the Family Court.

I am committed to improving the accessibility and effectiveness of psychological interventions across different social and cultural groups.

I regularly provide teaching, training and consultation/ supervision across clinical and academic settings on a range of topics, and I have published research in peer reviewed journals and co-authored a book on parental conflict.



## Dr Holly Dwyer Hall

## Child and Adolescent Psychotherapist

I am a qualified Children and Adolescent Psychotherapist and provide therapy as well as supervising and training other therapists. I use different psychoanalytic approaches in my work and am also qualified as an Arts Therapist, Dynamic Interpersonal Therapist, and accredited Mentalization Based Treatment (MBT) Practitioner with Adults, Families, Adolescents and Children.

I have over 22 years' experience in assessing and working with families with complex mental health needs in a variety of settings, including those who are involved in public and private proceedings. I have worked in both child and adult services in the NHS, setting up an emotional wellbeing service for children under 5 years of age and working in a specialist service offering assessment and treatment for adults with a diagnosis of Borderline Personality Disorder. I have experience in assessing and treating very young children and adolescents who have experienced complex trauma and am trained in using the Story Stem Assessment Profile to examine young children's mental representations of attachment and relationships.

I regularly provide teaching, training, consultation and supervision across clinical and academic settings and currently lecture on the Doctorate in Child and Adolescent Psychotherapy a collaboration between UCL, The Anna Freud National Centre for Child and Families (AFNCCF) and the Independent Psychoanalytic Child and Adolescent Psychotherapy Association (IPCAPA) and on the Early Child Development and Clinical Applications MSc. At UCL.

I have published papers and chapters on mentalizing based treatments and the practice of infant observation.



## Renata Zampol (she/her)

## Family Therapist

I am a qualified Systemic Family and Couples Therapist with background in Psychology and am registered at the UK Council for Psychotherapy (UKCP). Currently, I am part of the Contact and Residence disputes team and the Special Guardianship and Adoption services within the Family Trauma Clinical Team at the Anna Freud Centre.

Over the last 10 years, I have worked with children and adolescent's mental health on the third sector and public health services both in Brazil and in the UK.

I have experience in delivering therapeutic support to children and their families experiencing situation of domestic violence, edge of care, children exploitation, substance misuse and homelessness. While working at the NHS, I was part of a London Child and Adolescent Mental Health Service (CAMHS) and worked across the Early intervention, Child and Family and Neurodevelopmental Teams. I offered both assessment and treatment for various mental health difficulties across a variety of age groups. I was also responsible for facilitating the Non-violent resistance (NVR) groups for parents of children with complex needs.

Throughout the years, I have trained in various therapeutic approaches; Eye Movement Desensitization and Reprocessing (EMDR), Non-violent resistance (NVR) and Narrative therapy. I have a particular interest in Multi-Family Therapy, preventative work with children and families suffering from adversities, and approaches to treating trauma collectively.

I speak both English and Portuguese.



## Dr Abi Enlander (she/her)

## Clinical Psychologist

I am a qualified Clinical Psychologist registered with the Health and Care Professions Council. Within the Family Trauma Team, I work with adoptive children and their families, as well as birth families where Local Authorities are involved due to safeguarding concerns. I am also involved in delivering Reflective Parenting Groups to Special Guardians.

I completed my Doctorate in Clinical Psychology in 2021 and my MSc in Developmental Psychology with Clinical Practice in 2017. In my previous jobs, I have predominantly worked in clinical teams within Local Authority Children's Social Care to support families and children who have experienced complex trauma. As well as working directly with families, I have supported social workers through providing consultation, facilitating reflective practice, and delivering training. I have a particular interest in parental mental health and have published research in this area.

In addition to my work in the Family Trauma Team, I teach on the MSc courses in developmental psychology which are run jointly by the Anna Freud and UCL.

## Rosie Creer

## Art Psychotherapist



I am an Art Psychotherapist, registered with the Health and Care Professions Council. I currently hold the role of joint Deputy Head of the Family Trauma Department. I am the Clinical Lead for Post Adoption. I have 17 years' experience in the third sector working with people facing multiple disadvantage and those that support them. I have held clinical management roles since 2012, supervising a wide range of clinicians, and for 5 years was Clinical Director at Respond, and National organisation specialising in psychotherapy and relational services for people with learning disabilities and autistic people who have experienced abuse or trauma, both those who have been hurt and those can cause harm to others. I am experienced in working in the community, schools and clinic as well as consulting to hospitals and providers.

I take a trauma informed approach to my clinical work, which is integrative, psychodynamic, attachment and systemic. I have extensive experience providing specialist assessment and long-term therapy to children, young people and adults, and their families who have experienced trauma, this includes developmental trauma, multiple persistent abuses and neglect. As well as institutional harm, restraint, long term segregation and seclusion. I am experienced in the development and delivering trainer of professionals, and consultant to organisations, with a Diploma in Reflective Practice in Organisations from the Institute of Group Analysis. I take an open and curious stance to all my work, valuing the authority of experience that each person brings.

**Working days:** Monday – Wednesday 9:00 – 17:00



## Dr Natasha Nascimento
(she/her) **Family Therapist**

I am Family and Systemic Psychotherapist and Psychologist. In the Family Trauma Clinical Team, I am part of the Contact and Residence disputes team and the Mentalization-Based Therapy for Children.

I have worked in the NHS for over 16 years, in different CAMHS clinics across London and in an inpatient unit. I was part of the Parenting Assessment Team in the Marlborough Family Service (CNWL NHS Mental Health Trust) for 5 years, where I run Multi-Family Therapy groups for families often in court proceedings and I was also an expert witness for the Family Courts. I also worked with children with disabilities in the charity sector for around 5 years.

I graduated from Universidad Católica Andrés Bello, Caracas, Venezuela as a Psychologist in 2000. I completed the MSc in Child Focused Practice in 2006; MSc in Family and Systemic Psychotherapy in 2008 (both in the Institute of Family Therapy in London). I recently completed the Professional Doctorate in Advanced practice and research in Systemic Psychotherapy in the Tavistock Centre. I have

trained in different models of therapy, including Mentalization-Based Therapy for Children; Attachment-Based Family Therapy for depressed Adolescents; Emotional-Focused Therapy; Multi-Family Therapy, amongst others. I have provided teaching on family therapy as part university doctoral and masters programmes in England. I speak English and Spanish.