

## **Dr Charlotte Staniforth** **BA, MA, PGCert, DClin.Psych, CPsychol, AFBPsS**

A dynamic and dedicated Consultant Clinical Psychologist specialising in trauma informed service development and leadership within complex systems.

### **Qualifications**

- ILM level 5 certificate in Coaching and Mentoring.
- EMDR trained 2022
- DBT trained 2015
- Behavioural Family therapy trained 2018
- D.Clin. Psych Clinical Psychology Doctorate, Coventry University and the University of Warwick, 2008
- Post Graduate Certificate, Mental Health Work, De Montfort University, 2005
- MA (Excellent-5), Clinical Psychology, Eotvos Lorand University of Budapest, 2002
- BA (Very Good-4), Psychology, Eotvos Lorand University of Budapest, 2000

### **Summary of experience and skills**

- Compassionate leadership
- Monitoring and evaluating outcomes and systems change, including service audits
- Service development, especially psychologically and trauma informed services
- Understanding of the balance between stakeholder, commercial and financial imperatives
- Led the CAMHS service through transformation to an integrated Practice unit (2018-2020)
- Developed and led the CAMHS staff mental health and well-being project
- Developing individuals and teams to reach their potential
- Developed strong relationships with psychologists in the NCG network to develop world class medium secure services
- Strong record of networking with experts in the field to build professional relationships leading to collaborations on book chapters and conference presentations (see lists)
- Previously the research lead for CAMHS, introducing the research digest. Contributing to the specialist literature and research community as evidenced by publication and presentation history.
- Developed the sexual exploitation policy at Claire Lodge secure children's home for girls
- Training to become a living leader trainer and delivering this course since 2015
- Working with families including using Behavioural Family Therapy
- Leading the CAMHS DBT service since 2015
- Engaging highly complex clients, including those with learning and developmental disabilities, offending histories, complex mental illness and trauma
- Comprehensive assessment including neuropsychological/developmental, personality and risk assessment
- Providing evidence based psychological interventions
- Comprehensive formulations from different theoretical models
- Consulting with multidisciplinary staff teams and delivering interventions through staff
- Systemic evaluation; reducing restrictive practices, culture change, implementing psychological models of care
- Providing medico-legal assessment to the St Andrew's Healthcare Consultancy Service, being an expert witness.
- Supervising senior members of other professions and staff teams. Supervising and managing qualified and assistant psychologists
- Leading the MDT, demonstrating excellent communication skills and the ability to take responsibility and be accountable
- Former research associate in the Department of Forensic Mental Health at the Institute of Psychiatry, Kings College, London.

- Taught on a Masters level course on child abuse at Northampton University and the Specialist Secure MSc Module programme at King's College London.
- Running training events, teaching and workshops based on TNA's and in line with QNIC/CQUINS. Regular trainer for APT in the areas of child and adolescent risk assessment, SFT, ACT, CFT, DBT-A, clinical supervision

### Professional registrations

- Health and Care Professions Council: registration number PYL 28471
- Membership of Register of Applied Psychology Practice Supervisors (RAPPS) April 2013

### Career history

- *St Andrew's Healthcare*

Lead psychologist for CAMHS	April 2020- July 2022
Clinical Research Fellow leading the Trauma Informed Sexual Health Toolkit project	July 2021- December 2023
Clinical Lead CAMHS	January 2018-April 2020
Chartered Consultant Clinical Psychologist (Adolescent Female Low secure mental health)	July 2015-present
Chartered Principal Clinical psychologist	June 2014-July 2015
Chartered Clinical Psychologist (Adolescent male Medium Secure Unit)	October 2008- June 2014

- *Coventry and Warwickshire NHS Partnership Trust*

Trainee Clinical Psychologist Specialist placement in child paediatrics and youth offending	September 2005-October 2008
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### Publications

- Hancock-Johnson, E., Staniforth, C., Pomroy, L. and Breen, K. (2019). Adolescent inpatient completers of dialectical behaviour therapy. *The Journal of Forensic practice*, Vol. 22 No. 1, pp. 29-39.
- Mitchell, P., & Staniforth, C. (2017). Cognitive Behavioural and Related Approaches in Youth Offending. In Bailey, S., Chitsabesan, P. & Tarbuck, P. (2017). *Forensic Child and Adolescent Mental Health: Meeting the Needs of Young Offenders*. Cambridge University Press, Second Edition, Cambridge, UK.
- Staniforth, C., & Griffin, Y (2015). Intellectual Disabilities. In A. Rogers, J. Harvey and H. Law (Eds). *Young People in Forensic Mental Health Settings: Psychological Thinking and Practice*, Palgrave; UK.
- Griffin, Y., & Staniforth, C. (2015). Autistic Spectrum Disorders. In A. Rogers, J. Harvey and H. Law (Eds). *Young People in Forensic Mental Health Settings: Psychological Thinking and Practice*, Palgrave; UK.
- Staniforth, C., & Barnes, M. (2013). Transitioning between adolescent and adult mental health services. *Frontline: the Irish voice for Intellectual disability*, volume 91, 8-9.
- Gralton, E, Staniforth, C., Griffin, Y. (2011). Care Pathways and Models of Secure Inpatient Care for Adolescents with Developmental Disabilities'. In Gralton, E (Ed). *Forensic Issues in Adolescents with Developmental Disabilities* Jessica Kinsley Publishers.
- Staniforth, C. (2002). Children without a childhood: How are Palestinian children affected by the conflict in the West bank and Gaza Strip? An exploration into drawing as a diagnostic and therapeutic tool. *Jenin Centre for Strategic Studies (Arabic translation)*.

### **Conference / media presentations**

- Headfest mental health festival presentation on trauma informed care May 2022
- Education conference at St Andrews Healthcare trauma informed care May 2022
- Psychology conference at St Andrews Healthcare Trauma informed models of care November 2018.
- Staniforth, C., & Griffin, Y. (2014). How can staff help me! Treatment adaptations for young people with ASD, St Andrew's ASD conference, 20.03.14.
- Griffin, Y., & Staniforth, C. (2014). It wasn't me! Overview of adolescents with ASD and high risk behaviours, St Andrew's ASD conference, 20.03.14.
- Staniforth, C. (2014). Risk assessment in adolescents with developmental disabilities, FICAPS, Manchester, March 2014.
- Staniforth, C., & Casswell, M. (2014). Psychologically informed approaches to care, EFCAP, Manchester, May 2014.
- Staniforth, C. & Griffin, Y. (2013). How did I get here? Characteristics of young people with ASD in a medium secure service. St Andrew's Autism conference, March 2013.
- Staniforth, C. & Holt, G. (2013). The Heygate model of therapeutic engagement. 12th international conference on the care and treatment of offenders with a learning disability. April 2013.
- Staniforth, C. & Griffin, Y. (2013). How did I get here? Characteristics of young people with ASD in a medium secure service. 12th international conference on the care and treatment of offenders with a learning disability. April 2013.
- Staniforth, C. & Barnes, M. (2013). Preparing for transition to adult services; the leavers group British Psychological Society, Faculty of Forensic Clinical Psychology 2013 Spring Event, April 2013.
- Staniforth, C. (2013). Psychologically informed approaches to care: the Heygate model of therapeutic engagement. British Psychological Society, Division of Clinical psychology faculty for Children, Young People and their Families, annual conference 25th September.
- Staniforth, C., Bickley, J., & Knibbs, J. (2008). Youth Offending Service Practitioners' experiences of working with young offenders and relationships with ratings on psychopathic characteristics, Poster presentation, DFP Conference, 2008.

### **Most relevant courses and continued professional development**

- Polyvagal therapy and practice training September 2022
- ACE training for ADHD Suzanne Young 16th November 2021.
- One day compassion focussed therapy training with Kate Lucre 14<sup>th</sup> April 2021.
- Behavioural Family Therapy Training, 24th, 25 September 22nd, 23rd October and 5th November 2018. Meridan (The Family Programme).
- Intensive leadership development programme including 3 day training events (stakeholder financial and commercial imperatives), a 3 day leadership residential led by Brigid Garvey and Chris Lake, supported by action learning sets, mentorship and coursework.
- DBT for suicidal and dysregulated teens, DBT British Isles, Walsall 7th and 8th December 2017
- ADOS training, 30th and 31st October, 1st November 2017
- APT Accredited tutor, January 2016
- Accredited living leader tutor (10 days) June-July 2015
- Living leadership course (3 days), 14th and 15th January 2015, 2nd February 2015
- DBT course (5 Days), DBT British Isles, 15th-19th September 2015.
- Supervision skills training (4 days), British Psychological Society, Northampton, July 2014
- RAID training (3 days); St Andrew's, July 2015.
- Schemata workshop, Oxford Centre for Cognitive Therapy, Northampton, 14th March.
- Protective behaviours (2 days); St Andrew's, May 2014.
- Urges, impulses and compulsions: understanding and managing self-injurious behaviour, Oxford Centre for Cognitive Therapy, Northampton, 26th March, 2014.
- Understanding clients with complex problems, Oxford Centre for Cognitive Therapy, Northampton, 14th February 2014.
- HCR 20 version 3 training, London, January 2014.
- Assessment of Sexual Interests and Paraphilia's (2 days), David Glasgow and Derrick Perkins, Northampton, August 2013.

- Supervisor Training and Recognition (STAR) (4 days): Leicester University, January 2013.
- Bond Solon Expert Witness Training (4 days): Cardiff university law School, September 2012.
- International Personality Disorder Examination (IPDE) (2 days): Caroline Logan, St Andrew's Healthcare, November 2011.
- Psychopathy Checklist Revised training (PCL-R) (2 days): Pearson, April 2010.
- START-AV training: St Andrew's, Northampton, January 2010.
- HCR-20 training: March 2009, St Andrew's.
- Rational Emotive Behaviour Therapy primary certificate practicum (3 days): Coventry University, June 2008.