



The Psychology Clinic of East Anglia Ltd

List of Services

Psychology Assessments and Interventions for Child and Family, Adult, Older Adult, Learning Difficulties

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About Us

The Psychology Clinic of East Anglia is a well-respected organisation based in Norwich, UK. Our highly experienced team of Psychologists have expertise across a broad range of Psychological areas.

We can offer a variety of interventions, help, advice and training to organisations, groups and individuals. Our highly respected experts work with the courts and local authorities in complex child and family and criminal cases across the country.



Our team comprises

- Chartered Clinical Psychologists
- Chartered Counselling Psychologists
- Psychologists
- Educational Psychologists
- Forensic Psychologists

We are also able to bring to bear a multi-disciplinary approach through our links with professionals in related fields such as

- Community Nurses
- Learning Difficulties Community Nurses
- Breastfeeding Coaches
- Specialist Training Providers
- Social Workers

Our team is headed by our Clinical Director

Dr Maria-Teresa Martinez Cengotitabengoa (aka Dr Mayte Martinez), D.Clin Psy., AFBPs

Further Information and additional services

Details of CVs, HCPC and professional body registration, DBS checks, professional and public liability insurance are available on request.

The services listed in this document represent a snapshot of what we can provide. Please contact us direct to discuss how we can tailor our services to your particular requirements.

Assessment Services

We are able to provide Psychologists, Clinical Psychologists and Educational Psychologists who can perform a wide range of assessment services including:

- Psychology assessments (child and adult)
- Assessments of Attachment throughout the lifespan (Stem Stories, Care Index, Attachment in Infancy and Childhood, Adult Attachment)
- Assessments of mental health, emotional and behavioural functioning
- Assessments of cognitive functioning, intellectual ability and capacity
- Risk assessments regarding domestic violence
- Risk assessments of harm to a child
- Medico-legal assessments
- Assessments of Autistic Spectrum and neuro-developmental disorders
- Assessment of Learning Difficulties and developmental deficits
- Assessment of parenting
- Assessment of Educational needs, e.g. Dyslexia
- Group dynamics
- Assessment of risk regarding sexual behaviours
- Psychological profiling
- Assessment of contact difficulties (e.g. after separation)
- Assessment of children's psychological, educational and developmental needs
- Neuropsychology assessments – head injury, dementia, developmental disorders
- Assessment of challenging behaviours

Therapeutic Interventions

We offer a wide range of interventions. If any services are required which are not listed below please contact us as we have access to a wide range of practitioners and therapeutic techniques which are not all shown.

Therapeutic Approaches for Children and Adults

- Cognitive Behavioural Therapy (CBT) for children and adults
- CBT adapted for sexually abused children
- Multi-systemic treatment for children and adolescents with sexualised behaviour
- Person Centred counselling
- Systemic Therapy
- Family Interventions
- Play Therapy
- Couples Therapy
- Behavioural Family Therapy
- Attachment focused therapies
- Post-trauma therapies
- Life story work
- Behavioural support
- Mindfulness and CBT Mindfulness
- Dialectic Behavioural Therapy
- Psychoeducation (for individuals, families and groups)
- Support for staff regarding challenging behaviours and person centred planning
- Early intervention in psychosis

Therapeutic Interventions (continued)

Therapeutic Areas (including)

- Anxiety
- Depression
- Phobias
- Psychological trauma/PTSD
- Grief, bereavement and loss
- Substance abuse recovery
- Challenging behaviours
- Parenting issues
- Learning Difficulties
- Autism
- Sexual behaviours in children / sex offending behaviours in adults
- Adjustment difficulties
- Socio-communication disorders
- Family dysfunction
- Group dynamics
- Social Skills training
- Self esteem
- Adjustment to life span issues
- Dementia mapping

Training

We are able to offer a wide range of training to staff, professionals, groups and individuals (including parents and carers). This training can be delivered in our training rooms in Norwich or at a location to suit the client. More information and costings for particular training strands is available on request.

Training packages available cover the following topics and can be tailored to the target audience:

- Dealing with Challenging Behaviour
- Autistic Spectrum Disorder
- Mental Health Issues
- Understanding Learning Difficulties
- Working with parents with Learning Difficulties
- Attachment Theory and Applications
- Group Management
- Understanding and managing Dementia and cognitive degenerative disorders
- Expert Witness training (for staff and professionals)
- Managing Contact Sessions
- Parenting Training

Training packages vary from one or part day courses to ongoing training over time. Costs therefore vary depending on the package required. This can be discussed by contacting us at 01603 610059 or via email at admin@pcea.co.uk.

Targeted Services

We are developing a set of **targeted** interventions with **multi-dimensional** approaches to help specific groups. These interventions, combining assessment with group and individual work over time, are being developed in the light of evidence identifying the considerable cost of keeping children in residential care and the potential value of targeted work which increases the likelihood of children being able to stay in or return to the home environment.

On the basis of this research we have identified a number of groups and scenarios which have a high risk of children being placed in care and for which we are able to offer multi-dimensional services in order to reduce that risk.

We are looking to collaborate with Local Authority agencies and commissioning teams to identify referral pathways and funding in order to implement targeted services for the following groups and more information on these projects is available from PCEA Ltd.

- Psychological intervention for Young Mothers
- Psychological Intervention for children who sexually abuse others
- Psychological intervention for children and young people with sexual behaviours
- Psychological Intervention for parents of children who exhibit challenging behaviours
- Psychological intervention for parents of children with Learning Difficulties
- Psychological intervention for parents with Learning Difficulties
- Psychological intervention for parents of children with Autistic spectrum disorders

Further information is available separately describing these targeted intervention projects in more detail, including our fees with regards to each project.

Fee Structures

Expert Witness Assessments

Rates

Our rates are available on request and may vary according to the nature of the work, the experience of the practitioner, etc. All work carried out by fully qualified Chartered Clinical Psychologists for court and pre-proceedings assessments is charged for within the prevailing Legal Aid Authority (LAA) guidelines for hourly rates.

Hours

We also adhere to the LAA guidelines for maximum hours per person assessed and are happy to discuss fixing the maximum number of hours on a case by case basis.

Travel

We apply the LAA rates for travel which, at the time of publishing, is £40+vat per hour and 45p per mile.

Late cancellations and non-attendance

We reserve the right, as per LAA guidelines, to charge for all or part of the time allotted for an appointment if there is a non-attendance or cancellation with less than 72 hours notice. In practice, we would not generally implement this if warning is given with at least 48 hours notice and we make every effort to make only reasonable charges for time committed in the case of non-attendance and late cancellation.

Court attendance fees

Attendance at court is charged at the prevailing hourly rate and, per half day of attendance, includes 4 hours at court plus 1 hour review of report/documentation. Any additional reading or preparation is charged at prevailing rate.

Therapy

At the time of publishing this ranges from £80 – £100 per hour depending on qualifications and experience of therapist (exempt from VAT when carried out by a fully qualified Psychologist or Clinical Psychologist)

Edge of Care Assessments and other scenarios requiring reduced length reports

£90-100 per hour (exempt from VAT when carried out by a fully qualified Psychologist or Clinical Psychologist)

Travel costs charged by arrangement.