

Curriculum Vitae

Elspeth has a Masters degree in Systemic Psychotherapy and has worked for over 30 years within the NHS. The last 15 of those as a Consultant Systemic Psychotherapist. She has worked in a variety of settings which include Liverpool, Cambridge, Wirral.

She is currently studying for her Doctorate.

She also holds dual qualifications in nursing both as a Registered General Nurse and Registered Mental Nurse.

She has held senior positions in a range of agencies including Child and Adolescent Mental Health Services, managing and delivering in-patient care and local based services within the community, within Liverpool City Council managing mental health into schools and strategic lead for parenting delivery across Liverpool and within Middlesex University as the Director of FAST UK.

FAST (Families And Schools Together) is a programme operating internationally which strengthens the bonds in families, between families, joins families and schools and supports communities.

familiesandschools.org

Elspeth has lectured at both Liverpool University and Middlesex University at graduate and post graduate level.

She is trained in a number of evidence based programmes including FAST, Webster Stratton and in the partnership model. www.cpcs.org.uk

She has supervised a range of clinicians in a number of settings including psychology, family therapy, nursing and social work.

Elspeth has been involved in FAST since its inception to the UK and is trained in primary, secondary and baby FAST.

Elspeth is the lead for International FAST. She works with the United Nations Office for Drugs and Crime. She has worked in Kyrgyzstan, Kazakhstan, Uzbekistan, Turkmenistan, Brazil and the USA. Within the UK she works with Save the Children.

She holds a private caseload within the North West of the UK.

Areas of expertise include:

- Working with children, adults and families with complex neurodevelopment conditions such as ASD, where there is a need for ongoing psychological intervention.
- Post diagnostic support for people with neurodevelopment conditions such as ASD, ADHD, Dyspraxia/Developmental Coordination Difficulties.
- Children who struggle with school related issues including stress, refusal, anxiety, learning issues.
- Self harming behaviours.
- Behaviour problems in children
- School refusal - liaison with schools and parents
- Working with the parents of children with behaviour problems.

- Phobias
- Family conflict.

Elsbeth is currently studying for her Doctorate in Family and Systemic Psychotherapy at the Tavistock and Portman NHS Trust in London.

Elsbeth is in an ongoing peer supervisory relationship with Dr Linda Buchan. www.axia-asd.co.uk