



## SPECIALISMS

ADHD  
ASD  
Asperger's  
Anxiety  
Attachment  
Bereavement  
Bipolar  
Chronic Pain  
Learning Disabilities  
Neglect  
Non-Accidental Injury  
Perinatal  
Personality Disorders  
Postnatal Depression  
Psychosis  
Post Traumatic Stress Disorder  
Trauma  
Cultural Diversity  
Depression  
Domestic Violence  
Drug/Alcohol/Substance Misuse  
Eating Disorders  
Fabricated Illness  
Learning Difficulties  
Self Harm  
Sex Change

## CASE TYPES

ADHD  
ASD  
Family  
Global Family Assessment  
Litigation Capacity  
Second Opinion  
Risk Assessments

## MEDICO LEGAL EXPERIENCE

Dr Valon-Szots is a Principal Clinical Psychologist and Chartered Clinical Psychologist and registered practitioner psychologist with the HCPC. Dr Valon-Szots has experience of conducting assessments and written reports for the Family Courts involving individuals with a wide range of presenting issues including many types of presentation including trauma, personality difficulties, autism, co-morbidity, risks to the self and others (including children), capacity assessments, intellectual and cognitive assessments of adults and children.

She has worked within NHS mental health services since 2008, including forensic services, adult mental health services, child and adolescents' services and specialist family services. Dr Valon-Szots specialised in trauma and transgenerational patterns of chronic and neglect, and autism and the impact of trauma on personality development. Dr Valon-Szots manages a psychology team and supervised psychologists and offers consultation to professionals, services and teams.

## Languages spoken for assessments:

- English
- French

## ACADEMIC QUALIFICATIONS

- 2009-2012 Doctor of Clinical Psychology: University of Hertfordshire - UK
- 2008-2009 Master of Science – Applied Psychology: University of East London – UK
- 1999-2004 Master of Social Sciences – Clinical and Forensic Psychology: Ecole de Psychologues Praticiens, France

## PROFESSIONAL MEMBERSHIP

- British Psychological Society
- Chartered Member Division of Clinical Psychology 238589
- Health and Care Professionals Council – Practitioner Psychologist PYL29467





## CAREER SUMMARY

Dr Valon-Szots has been working since 2009 in the UK health care system and voluntary sector as a mental health professional (clinical psychologist). Prior to this, she also worked for four years as a mental health professional in the French health care system (psychologist) and had the opportunity to work for the Canadian health care system as part of an exchange program during her French training.

She is currently Principal Clinical Psychologist for a specialist family intervention service (SWIFT), where her role mainly includes assessing and treating parents involved in child care proceedings. Prior to this, Dr Valon-Szots worked at the Tavistock and Portman NHS Trust in Parental Mental health, in the Looked After Children CAMHS team and Gender Identity Development Service. She has worked in multi-agency teams based within children services for the past three years.

Dr Valon-Szots holds French and UK training in clinical psychology which enabled her to utilise various methods. She specialises in assessing and understanding complex families and designing treatment interventions and programs to address intergenerational trauma and patterns of abuse. She has an interest in systemic work, identity and culture and longstanding emotional and relational difficulties and the impact on parenting.

In addition to her clinical role, Dr Leslie Valon has conducted research project and is involved in supervising research. She has been a visiting lecturer at the University of Essex in the areas of clinical psychology and has presented at local, national and international conferences on identity, parental mental health and gender identity.

## SKILLS

- Work using CBT, systemic therapy, narrative therapy, and psychodynamic therapy
- Work with a wide range of behavioral, emotional, psycho-social difficulties
- Formulation skills based on a bio-psycho-socio-cultural approach
- Designing and implementing tailored psychological interventions
- Trained with all age groups
- Supervised research, trainees, and qualified Psychologists
- Experience to conduct audit, service evaluation and larger scale research
- Teaching and consulting to other professionals
- Multi-disciplinary work
- Work with the systems around the individuals and families
- Organise CPD (Continual Professional Development) workshop for the team
- Encouraging service development and outcomes monitoring
- Specialist Assessments
- Offers guidance and support to other professionals
- Research
- Psychometric testing





## RELEVANT WORK HISTORY

- Oct 2018 - Present: Principal Clinical Psychologist, Family Specialist Services, Sussex Partnership NHS Trust, East Sussex, UK
- Sept 2016 – Sept 2018: Highly Specialist Clinical Psychologist, Camden Parents' Well-Being Service, Whole Family Team, CAMHS Looked After Children and Gender Identity Development Service, Tavistock and Portman Trust, UK
- Oct 2013 – Jul 2016: Highly Specialist Clinical Psychologist - Project Manager in Psychiatry and Mental Health, ANAP, FR
- Jan 2013 – April 2013: Clinical Psychologist, Gender Identity Service, Tavistock Clinic, UK & CAMHS, Herts, UK
- Sept 2009 \_ Sept 2012: Trainee Clinical Psychologist, Adult Service, DAP, Beds - Psychodynamic Older Adults Services, Herts - CAMHS Specialist Systemic, Herts, UK - Learning and Complex Disabilities, Tavistock Clinic - Gender Identity Service, Tavistock Clinic, UK
- Mar 2008 – Aug 2009: Mental Health Health Care Assistant, NHS South West and St Georges, UK
- Oct 1999 \_ May 2004: Clinical Psychologist Psychodynamic Therapist trainee, Diverse settings (inpatient, outpatient, community based, prisons) in France and Canada

## VOLUNTEERING

- Jan 2009 – June 2009: Volunteer Helpline Worker, Saneline, UK
- Dec 2008 – Mar 2009: Volunteer Mental Health Support Worker, EPIC Trust, UK
- Apr 2008 – Jun 2009: Volunteer Helpline Worker, Get Connected, UK
- Oct 2001 – Nov 2002: Helpline Worker, SOS Depression - Helpline Volunteer, FRANCE

## FURTHER TRAINING AND SHORT COURSES

- **2019: Expert Witness Training** - British Psychological Society
- **2018: Systemic Supervisors Workshop** – Royal Holloway University
- **2017: Non Violence Resistance Training** – Dr Michelle Shapiro – Tavistock and Portman
- **2017: Advanced Supervisors Workshop** – University of East London
- **2017: Domestic Abuse training** – Tavistock and Portman
- **2016-2017: Systemic Foundation Training** – Camden and Islington NHS trust
- **2016: Mentalisation Based work** - Transformation Team Camden Local Authority
- **2017: Video Interaction Guidance Training** – Association of Video Interaction Guidance
- **2016: Tree of life and trauma Training** – Camden and Islington NHS trust
- **2015: Project Management** - CEGOS
- **2011-2012: Psychoanalytic Concepts Seminars and Lectures** – Dr David Bell – Tavistock and Portman
- **2011: Narrative Approaches Workshop** – Centre of Narrative Approaches
- **2010: Compassion in Therapeutic Relationships Seminar** – Dr Jill Neilson



## RELEVANT RESEARCH EXPERIENCE

### Research:

- Narrative of identity changes amongst clinical psychologists engaged in problem-based learning during their training
- Non-qualified staff experiences of service users' suicide and support network
- Sexual offenders self-image, mother image and father image using IPA and a thematic analysis of the Thematic Apperception Test
- Adult Mental Health Services transformation
- Perinatal mental health

### Service development projects:

- Staff emotional and psychological needs when working with patients with dementia and 'challenging' behaviors
- Staff narratives of patient within a forensic medium secure unit and patient social exclusion
- Parents' view on the Autistic Spectrum Disorder Assessment with the developmental team

## RELEVANT TEACHING AND TRAINING EXPERIENCE

### Lectures given to Undergraduates, Master and Doctorate students:

- Psychodynamique interventions
- What is Clinical Psychology?
- Domestic violence and its impact on children and families
- Gender Identity Dysphoria in children and adolescents

### Training to staff:

- Recognising the person behind the patient: involving families in recovery
- How to manage 'challenging' behaviors: understanding the communication behind the behavior
- Understanding autism
- Personality Disorders and Trauma
- Mental health difficulties, how to manage in Parents





## PUBLICATIONS

- Noble, T., Nel, P.W., Bruckner, S., Rawle, H., Rishworth, B., Casale, L., Valon, L., Taylor, P., Shah, S., Abraham-Smith, K. (2013). Re-membering family: Local implementation of a family-focused outcome measure. *Child and family, Clinical Psychology Review* (1).
- Poisson, M.A, Servant, B., Tajahmady, A., Valon, L. (2015). Le parcours en psychiatrie-santé mentale des personnes adultes ayant des troubles de santé mentale chroniques: 1ère approche. ANAP. Translation: Psychiatric and mental health journeys for adults with chronic mental health problems: first approach.
- Arnaud, A., Valon, L. (2016). Filières de périnatalité: suivi de grossesse des femmes en situation de vulnérabilités psycho-sociales. Translation: Perinatal pathways: Monitoring psycho-social vulnerability and risks of pregnant women

## ADDITIONAL INFORMATION:

- Full Enhanced DBS clearance
- Full UK Driver's License
- Experience of working with interpreters and multicultural issues
- Personal professional indemnity insurance