

DR ANEELA PILKINGTON

Title/Professional Post: Clinical Psychologist

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PROFESSIONAL QUALIFICATIONS AND RELEVANT EXPERIENCE

Professional Qualifications

1999-2002	BSc (Hons) Psychology	University of Manchester
2003-2004	MRes Psychology	University of Manchester
2007-2010	Doctorate in Clinical Psychology	Lancaster University
2010	Health and Care Professions Council Registration (No. PYL25733)	HPC

Professional Experience

2007-2010	<i>Trainee Clinical Psychologist, Lancaster University</i> -Experience of completing assessments, formulations, interventions, consultation and training with children, adults, older adults and learning disability populations -Specialist experience in Looked After Children and Adoption
2010-2017	<i>Clinical Psychologist, Lancashire Care Foundation Trust</i> -Working with children, young people and their families
2010-	<i>Honorary Lecturer, Lancaster University</i>
2011-	<i>Independent Psychologist</i> – expert witness assessments for young people and families, expert witness assessments dealing with cultural factors, medico-legal assessments & therapeutic interventions

Professional Discipline

Clinical Psychology

Specialist Field

Children, Young People & Families

Assessment of Race and Cultural Issues

AREAS OF PARTICULAR EXPERTISE

Assessment:

Psychological assessment of children, young people and their families-

- Assessment of relationships within the family
- Assessment of the psychological wellbeing of children & young people
- Assessment of the psychological wellbeing of adults
- Assessment of cognitive functioning in children & young people
- Assessment of cognitive functioning in adults
- Assessment of attachment relationships
- Parenting assessments
- Assessment of systemic issues such as functioning within the school environment
- Assessment of contact sessions and issues around placement
- Tailored assessments to include consideration of cultural factors on psychological wellbeing, attachment relationships, parenting, safeguarding issues and cognitive functioning.
- Medico-legal assessments

Formulation:

- Formulating a child/young person in the context of their background, developmental history, experiences and current environment
- Developing individualised formulations to inform any intervention

Therapeutic Intervention:

Delivering individualised interventions to children, young people and families

- Parenting interventions based on 'Positive Parenting' and 'The Incredible Years'
- Therapeutic interventions on understanding and managing difficult attachment patterns within the home and school environments
- Individual and indirect therapy around psychological well being such as anxiety, low mood and anger
- Delivering culturally appropriate interventions and adapting Western models of therapy to different cultural groups

Consultation and Supervision

- Formal training in supervising other professionals to deliver interventions
- Extensive experience of consultation to foster carers, adopters and residential homes

Race and Culture

- Specialist interest and expertise in the assessment of race and cultural issues
- Expertise in adapting psychological approaches to different cultural groups
- Experience in conducting research on issues of race and culture
- Peer-reviewed publications on cultural issues within psychology:
 - Fatimilehin, I., Pilkington A., McCann M., Silfhout K. (2015). Developing a Cultural Consultancy Service. Clinical Psychology Forum. 273.

- Watts, S., [Murray, C., & Pilkington, A.](#) (2014). [Understanding and supporting psychological wellbeing: an exploration of the experiences of Islamic Scholars.](#) *Mental Health, Religion and Culture.*
- Pilkington, A., & Msetfi, R. M. (2012). Is culturally sensitive research achievable? *Clinical Psychology Forum*, 230, 40-43.
- Pilkington, A., Msetfi, R. M., & Watson, R. (2012). Factors affecting intention to access psychological services amongst British Muslims of South Asian origin. *Mental Health Religion and Culture.* 15(1), 1-22.

RELEVANT TRAINING AND TEACHING:

- Delivering training on Culturally Competent Assessment, Safeguarding Across Cultures and Attachment Across Cultures to healthcare professionals, Social Workers and school staff
- Training to Trainee Clinical Psychologists on attachment and meeting the psychological needs of Looked After Children (2011, Lancaster University)
- Training to Early Intervention Teams on managing challenging behaviour in Looked After Children (2010, Lancashire Care Foundation Trust)
- Training to Foster Carers on attachment issues – 12 week programme (2009-2010, Central Manchester Foundation Trust)
- Training to adoptive parents on parenting children with difficult early histories – 10 week programme (2009-2010, Central Manchester Foundation Trust)
- Teaching to support workers on the mental health needs of unaccompanied refugee & asylum seeking children (2009-2010, Central Manchester Foundation Trust)
- Continuing Professional Development in a range of relevant topics including: contact issues, attachment, culturally appropriate therapies, adoption, parents with special needs etc.
- Training on medico-legal assessments and report writing