



Dr Ellie Atkins

*Principal Clinical Psychologist &
Director of Headspace Guildford*

Ellie is a Chartered Clinical Psychologist with extensive training and experience. Her career includes more than 25 years working with children, young people and families, and Ellie works both in the public sector and privately seeing children and families in distress. Her NHS work at St George's Hospital in London compliments her private practice, and ensures she keeps up to date with the evidence base, literature, access training and work alongside colleagues of other professions.

Ellie regularly teaches a range of professionals including doctoral trainees, medical staff, teachers and school staff and allied professionals as well as training in voluntary organizations. Ellie also provides supervision to Clinical Psychologists and allied professions of counselling and psychotherapy.

Ellie's Qualifications:

- Doctorate in Clinical Psychology (University of Surrey)
- Masters degree in Psychology and children with special needs – Passed with distinction (University of London)
- Health and Care Professions Council (HCPC) registered Clinical Psychologist. Registration number PYL25975.
- British Psychological Society (BPS) Chartered Clinical Psychologist and Associate Fellow.
- Member of the Association of Clinical Psychologists (ACP)
- Postgraduate Diploma in Professional Development (University of London)
- BA (Hons) – First Class with Honours and School Commendation (University of Exeter)

Ellie is a qualified teacher and taught across the age range including in schools with specialist units, Schools for children with emotional and behavioural difficulties and secure hospitals. Ellie continues to stay in touch with issues in education and is vice-chair of governors at a local school. She is a qualified and experienced trainer and regularly run training for schools, medical staff, parents, charity groups and many others.

Training can be designed to specifically meet the needs of your team or staff. We regularly run INSET sessions and days in schools, healthcare settings, voluntary organisations and others.

We would love to speak to you about your training needs, please contact us via the website at www.headspaceguildford.co.uk or email dratkinstherapy@gmail.com to discuss this in more detail.



Recent training topics (run face to face and virtually) have included:

- Supporting children during and after Covid-19
- Supporting parents during the pandemic
- Psychological first aid – the evidence-based approach to coping with and responding to a crisis
- ‘Full teapots and functioning brains’ – Staff well-being in a complicated world
- ‘Getting through it’ – looking after your well-being and supporting your team
- Understanding grief and bereavement
- Find a way to a ‘new normal’
- Supporting children with health conditions

And some that we regularly train on:

- Understanding Mental Health
- Mental health and safeguarding - Updated to include the latest changes in KCSIE 2020
- The impact of emotional well-being on learning
- Supporting children with their wellbeing/mental health
- Making sense of Self harm
- Anxiety and low mood
- SENCO training on supporting children with mental health difficulties
- School refusal/anxiety
- Using CBT techniques to support young people
- Managing children’s behaviour
- Emotional well being/mental health
- What is mental health?/Mental Health awareness
- Psychosis
- Diversity, equal opportunities and discrimination
- Managing change
- Understanding Autism

Sessions range from 2 hours to all day/multiple day events.

Some lovely comments from recent training events:

“You had the whole room captivated for two and a half hours and we all learnt a tremendous amount about Mental Health. Your students and patients are very lucky to have you.” (Participant on ‘Understanding mental health 2020’)

“...thanks for such a helpful, informative and inspiring session yesterday. I was blown away by her passion and insight.” (Participant on ‘The impact of emotional health and wellbeing on learning 2019’)

“Mental health issues are very close to my heart and have been for a very long time, as I am the daughter and long term carer of a sufferer. Ellie’s no-nonsense but compassionate approach made so much sense to me” (Participant on ‘Making sense of self harm’ 2020)