

Dr Lucy Willetts
Newbury Child and Adolescent Psychology Clinic

I am a Chartered Clinical Psychologist and Accredited CBT Therapist. I have worked for many years as a Consultant Clinical Child and Adolescent Psychologist within the NHS in Berkshire.

I formed the Berkshire Child Anxiety Clinic, a joint collaboration between the University of Reading and the local NHS trust. More recently, I have run an NHS service for children and adolescents with anxiety and depression. I have been involved in the development of a number of treatment programmes and in the running of several treatment trials for children with anxiety problems.

I see children and young people with a variety of psychological difficulties, and have particular expertise in assessing and treating anxiety difficulties and depression. I also offer input to children and young people with OCD, post-traumatic stress disorder, low self-esteem, eating problems, and physical health problems. I often work with parents directly rather than seeing children individually using the Overcoming Programme.

My primary aim is to provide treatment that is proven to be effective and that is accessible to children, young people and their parents.

I run a clinic at Chapel Row Surgery on Thursdays.

Assessment

It is helpful receive a referral letter from your child's GP prior to the assessment. Once a referral has been received, an assessment will be arranged, usually within two weeks of receipt of referral. This will last between one and two hours, and may take place over several sessions. In almost all cases, it is important to gather information from both the child or adolescent, and one or both parents. You and your child will be asked a series of standardised questions about his/her anxiety or emotional problem. Information may also be gathered about your child's development, school progress, and family background. A report will be sent to you and your child's GP following the assessment.

Treatment

Following the assessment, if appropriate, treatment sessions will be arranged. Each treatment session lasts one hour. The treatment of choice for childhood anxiety problems is Cognitive Behavioural Therapy (CBT) ([link](#)). CBT is also recommended for childhood depression, and low self-esteem. For adolescents, most commonly, CBT will be delivered individually to the adolescent, with regular reviews with parent(s). For younger children, it is often helpful to have more parental involvement in treatment. Children under seven or eight years of age are unable to engage in CBT independently and for children of this age working with parents directly is often the best approach. In most cases, a series of four to six sessions will be arranged, after which time treatment will be reviewed. The number of sessions required to help children overcome their emotional problems varies enormously. On average, a child or adolescent will be seen for approximately 12 sessions. However, some children will require fewer sessions (eight or less) whilst others will need to be seen for much longer (up to 24 sessions).

I am registered with all major health insurers. Please email Lucy for assessment and treatment fees.

Please note that a cancellation policy applies whereby all appointments that are not cancelled at least 48 hours in advance are charged at the full rate.

Please do call me or email me to discuss further.

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