



NIGHTINGALE



“ Ailsa is an amazing therapist. She has helped my family member a lot and she has went above and beyond of what was asked of her. ”

Individual and couple therapy with Ailsa A Professional Profile

Ailsa is the consummate professional with a broad spectrum of experience of psychology-based therapy that transcends into a confidence you can feel. Her assessment process is comprehensive and will inform the way forward with children, young adults and adults, families and couples. She is very friendly and warm with a smile that will put whoever is in front of her at ease, she is passionate about detailed assessment and will design a program of therapy that suits your needs. Her approach is grounded in the principle of secure attachment and a systemic approach to understand the whole family unit and the strengths and challenges within the family unit.

Ailsa has over 12 years' experience working in NHS, and CAMHS services as a psychologist. Where She gained extensive experience in many areas of therapy experiencing a wide range of mental health difficulties before she moved into private practice. When Ailsa is working with children, or young adults she will have some sessions with the parents of the child and where appropriate young adults and will engage them every step of the way.

Prior to studying Psychology at university, she had a professional career in the Construction and Pharmaceutical industries working in the UK and Hong Kong.



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AREAS OF EXPERTISE AND SERVICES

Neurodevelopmental support

Ailsa works with clients who have been diagnosed with ADHD hyperactive and inattentive. She also works with clients on the Autism spectrum. The work she does will help clients to engage in setting goals to improve their relationship with the conditions and bring more knowledge of the impact on them. Ailsa also works with couples and the communication challenges of one part of the couple having neurodivergent issues and the other being neurotypical. This is invaluable work for couples to help them to relate in a better way.

Neurodevelopmental assessment

This can clarify if your child or other family members difficulties are 'brain based' and if a full assessment for ADHD, Autism, sensory processing differences is needed. The process of screening will provide a profile of individual learning, communication, social and emotional preferences and challenges, and individualised recommendations to meet these. Where appropriate, Ailsa will offer therapeutic input to the individual and families and can liaise with schools to support the implementation of recommendations. The assessment will direct any further diagnostic assessment or therapeutic input involving another psychology service.



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Therapy for Mood Challenges

The focus and symptoms of mood difficulties tends to shift with age. Young children's distress generally focusses on separation from caregivers while older children's anxieties are around relationships and self-image. Adults and young adults will also have a range of mood changes. Again, after the assessment stage for children, young adults, and adults, Ailsa will use evidence based therapeutic techniques to bring change and personal growth. She will also provide evidence-based therapy matched to the individuals developmental stage and areas of expertise.

Broadly speaking these are:

- Anxiety and panic attacks
- Low mood and depression
- Emotional changes in circumstances
- Obsessions and compulsions
- Anger and emotional regulation difficulties
- Phobias
- Low self-esteem
- Issues around eating and food
- Tics and involuntary movement response
- Complex bereavement
- Family separation
- Physical symptoms and psychosomatic difficulties



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Parenting Work

For early years difficulties, helps to address eating, sleep, toilet training and emotional regulation. Where appropriate, screening for early indicators of neurodevelopmental differences can help to direct more focussed interventions and direct later assessment.

For behavioural difficulties helps parents to make sense of behaviour they may be struggling to understand while helping to improve the relationships that underpin social and emotional development factors in difficulties. This assessment is not diagnostic but can direct decisions about further assessment for specific conditions. It provides an overview of strengths and challenges in learning, attention, social communication and life skills and recommendations for improving conditions for learning.

Family therapy work

Family therapy helps people in close relationships to share and explore difficult thoughts and emotions. Developing wider perspectives such as understanding intergenerational patterns, family culture and roles within the family can help the family to understand the conflicts and communication issues they experience and how they see ourselves and others in the dynamics of the family unit.

Couple counselling

Ailsa offers couple counselling to couples with issues around children, co-parenting. Ailsa also offers couple counselling to couples when one is neurodivergent and one is neurotypical.



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TRAINING & QUALIFICATIONS

Core Psychology and Clinical Training

- MA in Psychology (Hons First Class), University of Glasgow
- MSc in Applied Psychology for Children and Young People (Commended), University of Edinburgh

Additional Clinical Training (Therapy)

- Family Therapy - Trained to Systemic Practitioner Level, The Family Therapy Network Accredited by AFT (Association of Family Therapy)
- CBT for Eating Disorders, NHS Education for Scotland
- Incredible Years Parenting Programmes, NHS Education for Scotland
- Triple P Parenting Programmes, NHS Education for Scotland Mellow Parenting- Attachment Based, NHS Education for Scotland

Additional Neurodevelopmental Assessment Training

- WISC-V and Wechsler Intelligence Scale for Children/WAISIV
- ADOS-V (Autism Diagnostic Observation Schedule)
- ADIR (Autism Diagnostic Interview-Revised)
- DIVA and Young DIVA (Diagnostic Interview for ADHD)
- Intensive Couple counselling training by Nightingale marriage counselling delivered by Florence Gray

Professional Registration and Accreditation

- British Psychological Society (BPS)
 - Association of Family Therapy (AFT)
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TESTIMONIALS

"I just wanted to let you know 'R' is doing absolutely brilliant, I am so so proud of her. All summer holidays were fab and she's been back at school since last Wednesday and everything fantastic, no calls and no episodes.

I want to say thank you as you have been such a massive support to us both."

"Ailsa is an amazing therapist. She has helped 'S' very much and went above and beyond. I can't recommend her enough, and her kindness that was shown to 'S'. Thank you very much Ailsa."

"I would like to thank Ailsa for her patience and professionalism with our son. He was not in a great place when we started seeing Ailsa. She managed to get him to open up to her and explore everything that was going on in his mind and with his illness. She was patient and gave him targets with regards to his sleeping and eating patterns.

Within a couple of weeks we seemed to be hitting every target and he seemed in a better place both physically and emotionally. He was happy for the first time in a long long time.

We were struggling to find someone who could help him and support us as parents. We felt we were failing our son which would end up with all of us getting frustrated and lost in our communication. Ailsa helped us to work on this and change our perspectives and the way we responded to him and vice versa.

I cannot thank Ailsa enough for her help, and I would highly recommend her services without hesitation."

