

At Schoen Clinic Chelsea, London, we provide expert, compassionate care for children, teens and families facing a wide range of emotional, behavioural, developmental and health challenges.

We take a comprehensive approach that considers the developmental, social, and psychological aspects specific to children and adolescents.

This includes:

- Full ADHD assessments
- Full Autism assessments
- Neurodevelopmental assessments
- General mental health assessments
- General paediatric assessments
- Eating disorder treatment
- Speech and language therapy
- A range of therapies and counselling

Our specialists

Psychiatry



Dr Hazel Fernandes
Consultant Child & Adolescent Psychiatrist



Dr Rashmi Verma
Consultant Child & Adolescent Psychiatrist-ADHD & ASD Specialist



Dr Gil Myers
Consultant Child & Adolescent Psychiatrist

Psychotherapy



Annika Ancverina
Integrative Child & Adolescent Counsellor



Emma Johnson
Principle Systemic Family Psychotherapist



Brenda Naso
Psychotherapist



Georgia Mancroft
Integrative Psychotherapist



Kristin McCarthy
Integrative Psychotherapist



Zoe Laxton
Psychotherapist

Psychology



Dr Katherine Coutsoudis
Chartered Psychologist



Dr Bradley Powell
Clinical Psychologist



Magdalena Garcia
Clinical Psychologist & Integrative Psychotherapist



Dr Sofia Likhacheva
Counselling Psychologist & Integrative Psychotherapist

Other specialists



Dr Joe Datt
Consultant Neurodevelopmental Paediatrician



Michelle Knowles
Specialist Occupational Therapist



Diana Badare
Nutrition/ Dietetics



Amrita Mahal
Advanced Speech and Language Therapist



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Schoen Clinic Chelsea is part of the Schoen Clinic UK Group



Private services
for children and teens

For full details and conditions treated scan below.



Mental health services

(Face-to-face & virtual)

Modalities offered; Psychiatric assessment, family therapy, CBT, DBT, ACT, play-based therapy, school liaison, OT support, parental psychoeducation, group therapy.

- Step 1: Referral & psychiatric assessment;** Child & Adolescent Psychiatrist conducts diagnostic assessment and safeguarding review.
- Step 2: Comprehensive assessment;** Psychological testing, family/carers interviews, school input.
- Step 3: MDT care planning;** Psychiatrist-led plan with psychologist, family therapist, OT, and school liaison.
- Step 4: Treatment interventions;** Evidence-based therapies (CBT, DBT, ACT), family therapy (systemic and parental coaching), school reintegration support, psychiatric medication if indicated.
- Step 5: Recovery & outcomes;** Progress tracked via SDQ, RCADS, quality-of-life scales; relapse prevention.

Eating disorder support services

(Face-to-face & virtual)

Modalities offered; Psychiatric and dietetic input, CBT-E, DBT, ACT, Schema Therapy, Family-Based Therapy (FBT), nutritional rehabilitation, psychoeducation, group therapy, relapse prevention programmes.

- Step 1: Referral & psychiatric assessment;** Psychiatrist-led assessment including medical risk and nutritional review.
- Step 2: Comprehensive assessment;** Psychiatric diagnostic review, nutritional assessment, psychological suitability for CBT-E or DBT.
- Step 3: MDT care planning;** Psychiatrist, psychologist, dietetics, OT, and family therapist produce joint plan.
- Step 4: Treatment interventions;** CYP: Family-Based Therapy, CBT-E, DBT, school liaison. Adults: CBT-E, Schema Therapy, DBT skills, nutritional rehabilitation, relapse prevention.
- Step 5: Recovery & outcomes;** EDE-Q, BMI monitoring, QoL scales, relapse prevention planning.

Behavioural support services

(Face-to-face & virtual)

Modalities offered; Psychiatric assessments, behavioural functional analysis, CBT, DBT, skills training, OT support, family therapy, positive behaviour support planning, group interventions.

- Step 1: Referral & psychiatric assessment;** Psychiatrist-led diagnostic review, risk screening, behavioural history.
- Step 2: Comprehensive assessment;** Psychologist-led behavioural assessment, OT functional review, family involvement for CYP.
- Step 3: MDT care planning;** Psychiatrist and MDT develop positive behaviour support plan.
- Step 4: Treatment interventions;** Individual CBT/DBT, skills training, psychiatric medication where indicated, parental and carer support sessions.
- Step 5: Recovery & outcomes;** Behaviour rating scales, quality-of-life improvement, ongoing MDT monitoring.

Speech & language therapy

(Face-to-face & virtual)

Modalities offered; Psychiatric review if comorbidities present, SALT direct therapy, family/carers training, AAC (augmentative & alternative communication) strategies, OT and psychologist joint input, group therapy for communication skills.

- Step 1: Referral & psychiatric assessment;** (if indicated) Psychiatrist reviews comorbidities such as autism, ADHD, anxiety, or depression.
- Step 2: Comprehensive assessment;** SALT-led communication, language, and swallowing assessment; family/carers interviews.
- Step 3: MDT care planning;** Psychiatrist, SALT, OT, and psychologist co-develop care plan.
- Step 4: Treatment interventions;** SALT sessions (individual and group), AAC strategy implementation, carer/teacher training, OT support.
- Step 5: Recovery & outcomes;** Speech and language rating scales, functional communication measures, progress reviews.

Neurodevelopmental pathway

- Step 1: Referral & screening;**
 - Online and in-clinic screening tools for ADHD and Autism.
 - Rapid access clinics for diagnostic triage.
- Step 2: Comprehensive MDT assessment;**
 - Psychiatric assessment (history, differential diagnosis).
 - Psychologist-led cognitive, behavioural, and functional assessments.
 - OT input for sensory and executive functioning profiles.
 - Speech & language input where appropriate (particularly for CYP).
 - Standardised diagnostic tools (ADOS-2, ADI-R, QbTest (If needed) for ADHD).
- Step 3: Diagnosis & feedback;**
 - Clear diagnostic feedback session with patient and family.
 - Written report with treatment recommendations.
 - Psychoeducation for patient and carers.
- Step 4: Intervention & support;**
 - ADHD**
 - Medication initiation and titration under psychiatrist.
 - ADHD coaching and skills training.
 - Executive functioning support via OT.
 - Autism**
 - Social communication, skills training, sensory integration and daily living support.
 - Family support for parent/carers.
 - Co-morbidity management (anxiety, depression, OCD).
- Step 5: Long-Term support & transition;**
 - Transition planning from CYP to Adult services, if CYP is close to 18 years of age.
 - Therapeutic support (reasonable adjustments, mentoring).
 - Ongoing monitoring with annual reviews.
- Outcome measurement**
 - ADHD Rating Scales, Autism Quotient, quality-of-life and functional outcome measures.
 - Regular MDT reviews and outcome reporting.



An MDT approach, why choose Schoen Clinic Chelsea?

- Fully integrated teams:** Psychiatrists, psychologists, dietetics, OTs, family therapists, SALTs.
- Gold standard treatments:** FBT, CBT-E, DBT, ADOS-2, QbTest.
- Seamless transitions:** Child-to-adult pathways ensuring continuity of care.
- Outcome driven:** Measurable results with transparent reporting.
- Accessible & timely:** Reduced waiting times compared to NHS and other providers.
- Holistic care:** Focus on family and school integration.