



POST ASSESSMENT SUPPORT

HEALTH
West Berkshire



HOW TOTAL HEALTH WEST BERKSHIRE CAN SUPPORT YOU

The purpose of this document is to support you post assessment.

Whether you have received a diagnosis of autism or ADHD or both. Or if you have not met the threshold for a diagnosis. Whether the result of the assessment is what you expected or a bit of a surprise.

We know that this time post assessment can be difficult.

This booklet has options for support from clinicians from Total Health West Berkshire. From our recommended clinicians outside Total health and resources you can look into from the NHS, charities and elsewhere.

Most of the resources in this booklet are suitable for you whether you have a diagnosis or not.

If you would like further help deciding what are the next best steps for you do feel free to get in touch with us or you can discuss them in your 8 week post assessment follow up.

ADHD MEDICATION

If you have a diagnosis of ADHD and want to consider medication we have information going through the process of titration (starting medication and finding the best dosage for you), shared care and non shared care and more. To discuss starting ADHD medication and have that document sent to you please [email us here](#).

BY OUR SPECIALIST CLINICIANS



Yvette Khoshab

Counsellor

Contact us - 01635 791301 or
hello@totalhealthwestberkshire.co.uk
 for more information or to book.

Explore your thoughts and feelings in a safe, non judgemental environment, at your own pace.

I work with adults and teenagers (16+) and would be happy to discuss what you would like to bring to counselling, with a free initial consultation. This will give the opportunity to get to know each other before making any commitment.

I have experience working with a range of issues including neurodiversity, anxiety, self esteem, confidence, anger, bereavement and work pressures.

About me

I started my career as a teacher with an interest in special educational needs and worked initially in a local primary school as a Special Educational Needs Co-ordinator (SENCo). At the same time I was working with adults and teenagers at Newbury College, which gave me a great insight into the difficulties and pressures on young people. Since then I have worked as a SENCo in a local secondary school and then a prep school.

During this time I was pleased to support adults, children and parents through difficult situations and challenges. This led me to want to develop these listening skills and qualify as a counsellor.

Qualifications – Professional Diploma in Psychotherapeutic Counselling Practice

I am a fully qualified counsellor using a pluralistic framework. This means I combine methods from different approaches which includes humanistic, psychodynamic and cognitive behavioural. I use a person-centred approach which believes in each person's capacity to find their own answers and discover their own abilities.

I also bring knowledge as a qualified teacher, dyslexia specialist, assessor and experience working with neurodiversity.

BY OUR SPECIALIST CLINICIANS



Mootsoo Blankson

CBT Therapist

Contact us - 01635 791301 or
hello@totalhealthwestberkshire.co.uk
 for more information or to book.

I am a Cognitive Behavioural Therapist with eight years of experience working with young people, adolescents and adults, alongside fourteen years of experience as a Registered Advanced Mental Health Nurse Specialist within the NHS. My work has spanned inpatient and community settings, supporting young people, adults and older adults with a wide range of mental health needs. I am also a neurodevelopmental trained diagnostic clinician with a strong interest in supporting individuals to understand and manage different aspects of neurodiversity.

I have experience working with a wide range of difficulties, including anxiety, depression, obsessive compulsive disorder, low self-esteem, sleep problems, phobias and complex presentations. I offer both short and long-term therapy within a warm and safe environment. I am passionate about the work I do and committed to helping people explore their thoughts and emotions so they can gain insight, build confidence and take positive steps towards healthier and happier lives.

I offer a comprehensive and tailored approach to therapy, recognising that each person's experiences, challenges and strengths are unique. My practice is grounded in open and honest communication, constructive feedback and the sharing of my professional knowledge in a way that feels accessible and empowering. I adhere fully to the Nursing and Midwifery Council Code of Professional Conduct, and I am experienced in managing highly complex and sensitive situations with care, professionalism and compassion. I place great importance on clear communication with clients and, where appropriate, their families, while maintaining accurate clinical records and working collaboratively with other professionals and external agencies.

My therapeutic work is evidence-based and patient-centred. I am empathetic in my approach and strive to create a confidential, non-judgmental space where clients feel heard, understood and supported. I work collaboratively with each person to help them develop practical techniques, strategies and skills to manage their difficulties and build resilience. I use a structured, goal-oriented approach to therapy that helps individuals identify and change unhelpful thought patterns and behaviours, supporting meaningful and lasting change.

I also undertake supervision of other professionals such as residential staff, YOS Workers, foster carers, therapists and trainee forensic psychologists.

BY OUR SPECIALIST CLINICIANS



Mette Whitaker

Foresnic Psychologist/EMDR Therapist

Contact us - 01635 791301 or
hello@totalhealthwestberkshire.co.uk
for more information or to book.

I am a chartered and registered Psychologist, and EMDR therapist, with over 20 years experience in providing evidence-based therapeutic services, including CBT and EMDR, to adolescents and adults experiencing life problems and psychological difficulties, such as anxiety, depression, trauma-related symptoms, low self-esteem, anger, sexualised and sexually harmful behaviours and other emotional and behavioural difficulties.

I believe that everyone has the ability to take charge of their own recovery, and therefore I work collaboratively with each client to give them the tools needed to lead healthier and happier lives.

I have a particular interest in working with young people, including those in care and those with multiple and complex needs. I use a person-centered approach individualised to their specific needs. This might include the use of creative approaches, CBT, REBT, behaviour focused interventions, EMDR, psychoeducation, DDP informed practice and mindfulness.

I recognise that without an experienced sense of safety and connection, changing mental health is unlikely and I therefore strive to work with each client to find an approach that works for them.

I also undertake supervision of other professionals such as residential staff, YOS Workers, foster carers, therapists and trainee forensic psychologists.

BY OUR SPECIALIST CLINICIANS



Sarah Culpepper
Health And Nutrition

Contact us - 01635 791301 or
hello@totalhealthwestberkshire.co.uk
for more information or to book.

Sarah Culpepper is a qualified Health Scientist, a Registered Nutrition and Health Coach with the UK International Health Coaching Association (UKIHCA) and an Accredited Practitioner with the European Mentoring and Coaching Council (EMCC) she has worked as a health and safety trainer and private chef and has spent many years mentoring and assessing within a range of industries.

She coaches individuals, facilitates group coaching and works privately with NHS surgeries to coach patient cohorts, specialising in metabolic disease and healthy ageing. She uses recognised coaching techniques and science led data, to work with clients to prioritise goals, work through existing belief patterns and create individual action plans designed to help you implement the steps that you need to reach your goals and achieve long term results at your pace.

Her passion is to help people implement preventative dietary and lifestyle interventions, to reduce the risk of disease and live the life they wish, not only now but into their future.

You can read more about lifestyle and nutrition support in our ADHD and Autism Wellbeing & Nutritional Support Guide which can be found on our [ADHD and Autism resources page here](#).

HELP OUTSIDE

TOTAL HEALTH WEST BERKSHIRE

We know that we are not able to support every person who has an assessment with us with everything that they need. To help you find the support you need we have been in touch with following professionals and can recommend them.

This includes:

- ADHD Coaches and Special Educational Support
- Educational Psychologists
- Speech and Language Therapists
- Dyslexia Assessors
- NHS, Charities and Other Resources

ADHD Coach



Andrée Kenny
ADHD & Dyslexia Coach

Website: www.andreekenny.com

Email: hello@your-pathways.net

Andrée is an ADHD and dyslexia coach, with both lived experience and professional training.

She supports neurodivergent adults, specialising in those diagnosed later in life, using a strengths-based, person-centred approach focused on practical strategies for everyday life.

She is a Board Trustee for Reading ADHD, supported the development of a neurodiversity toolkit with Ethical Reading, and featured on the 'Truth About Dyslexia podcast' & 'AWE Podcast'

Special Educational Support



Kate Hudson

Neurodevelopmental &
Education Specialist

Website: www.katehudson.co.uk

Email: kate@katehudson.co.uk

[Further information can be found here](#)

With over 20 years of experience as a classroom teacher, Head of Learning Development, SENCO, and Deputy Head (Pastoral) in specialist schools, state and leading prep schools, Kate is committed to helping neurodiverse children thrive.

Kate has supported children with a range of learning differences, including dyslexia, dyspraxia, DCD, ADHD, and ASD, her approach is warm, engaging, and deeply personalised. She understands that every child learns differently and is passionate about creating strategic, inclusive learning environments where children don't just cope but gain confidence, independence, and a love of learning. Drawing on her expertise in education and wellbeing, Kate provides tailored, strategy-based interventions that empower children to overcome learning challenges, develop executive functioning skills, and build emotional resilience. She works holistically, collaborating closely with families, schools, SENCOs, and clinical practitioners to ensure a consistent, supportive approach across all areas of a child's life.

Kate also integrates cognitive-behavioural strategies into her work, helping children strengthen self-regulation, confidence, and emotional resilience. A passionate advocate for neurodiverse learners, Kate is dedicated to ensuring that every child has the tools, strategies, and confidence to reach their full potential while making the learning journey as positive and fulfilling as possible.

Specialist Services:

Diagnostic & Early Intervention Assessments

Specialist Learning Support (1:1 Tutoring & Coaching for Children)

Executive Functioning Coaching (Developing planning and organisation skills, time management, emotional regulation skills)

School Success Strategies (School Readiness & Transition, exam preparation, study skills, interview practice)

Parental Coaching & Support (strategies for routine and behaviour, understanding Clinical or Educational Psychologist reports, advocacy coaching and emotional support)

Educational Psychologists



Dr Abigail Wicks
Educational Psychologist

Website: www.redwoodpsychology.org/

Email: abigail@redwoodpsychology.org

Parents and schools can access my Educational Psychology services privately through Redwood Psychology. I offer family-centred support to help adults better understand a child's strengths and needs, while also helping children make meaningful progress in their learning, emotional wellbeing, and development.

I work collaboratively with families, schools, and other professionals to provide psychological assessment, consultation, and practical strategies to support attention, emotional regulation, social development, learning, and self-esteem within educational settings.

Where appropriate, I can also support families in understanding SEN support and EHCP processes. I am a Chartered Educational Psychologist, HCPC registered practitioner, and Associate Fellow of the British Psychological Society.

I work across West Berkshire and North Hampshire, enabling local in-person assessments and consultations, alongside online support where suitable.

My work is evidence-based and tailored to each child and family, with a focus on building understanding, confidence, and meaningful progress that recognises and builds on a child's strengths.

Educational Psychologists



Caro Strover-Green and Associates
Educational Psychologist

Website: <https://edpsych.co.uk//>

Email: caro@edpsych.co.uk

Caro Strover-Green is an experienced Independent Chartered Educational Psychologist who has worked with children, young people, their families and schools in the local area for over 20 years and with a previous life as a teacher and dyslexia specialist.

As an educational psychologist, she brings her training and experience to the fore, helping achieve a holistic understanding of an individual's learning, behaviour, communication and emotional wellbeing, and working with the individual, family and school to empower the individual to become their best self.

Whilst the CSGA team offer multiple services - please see this link <https://edpsych.co.uk>: Caro and her team, made up of experienced assistant educational psychologists and specialist, educational therapists specifically offer a service where they can support a child/young person and their family following a diagnosis either through a single session or a tailored package of a few sessions.

This service helps children and young people process and understand their recent ADHD and/or autism diagnosis in a way that feels meaningful and relevant to them.

For more information please click [here](#) and [here](#).

We also offer a monthly newsletter for parents and professionals, each month exploring a theme e.g. social media, transitions, with a free Q and A online discussion with our expert on the monthly theme, where you can bring your views on the theme and ask your questions. If you would like to subscribe to this please contact one of our Assistant Educational Psychologists, Rebecca (Bex) Warde, on ap1@edpsych.co.uk and request that you would like to subscribe.

Speech and Language Therapists



Bethan Beaney

Speech and Language Therapist

Website: www.berkshirespeechtherapy.com

Email: info@berkshirespeechtherapy.com

Bethan has over 20 years' experience, working as a Speech and Language Therapist, of which 12 years was spent with the NHS. She currently works 3 days per week as a Communication and Language Consultant for Achieving for Children, part of the Early Years SEND Team for the Royal Borough of Windsor and Maidenhead. Bethan works with private clients 1 day a week.

She works mainly with pre-school children (i.e. under 5s) and will support children with any communication need ranging from late talkers, children with language disorder or Autism, and children with speech difficulties.

Bethan runs a clinic on Thursdays in Cookham, Maidenhead.



The Speech House

Speech and Language Therapist

Website: <http://www.the-speech-house.co.uk/>

Email: admin@the-speech-house.co.uk

The Speech House provides specialist Speech and Language Therapy for children and young people with a wide range of speech, language and communication difficulties.

Their team supports children with unclear speech, language delays, social communication difficulties, stammering, autism-related communication needs and more complex communication challenges.

Every child is different, which is why therapy is tailored to the individual child and family. The Speech House works closely with parents, schools and nurseries to help children develop communication skills, build confidence and carry those skills into everyday life. Their aim is simple: to help every child reach their full communication potential.

Dyslexia Assessors



Adult Dyslexia Centre
Advising • Developing • Connecting

Adult Dyslexia Centre
Dyslexia Assessors

Website: www.adc.org.uk

Email: help@adc.org.uk

The Adult Dyslexia Centre (ADC) charity was established over 20 years ago in Berkshire, in response to a clear gap in support for dyslexic individuals transitioning into adulthood. Since then, we have evolved into a national organisation. Our Services include Dyslexia and Dyscalculia Assessments, Awareness Training, free support groups and a free Helpline. We offer impartial advice and guidance to anyone affected by dyslexia or interested in finding out more. All of our Assessors have Assessment Practising Certificates and hold Professional Membership and DBS checks

Despite our title, more than 50% of our calls are from parents, carers and teachers seeking help for their children and so we are considered to be a One-Stop-Shop for dyslexia.

We provide a vital lifeline to individuals who may be struggling with education, employment, or everyday life because of dyslexia. It is a lifelong, legally recognised disability. However, support is not funded through the NHS, leaving many individuals without access to the help they need. As a result, many people remain undiagnosed or unsupported. This can have a significant impact on mental health, often leading to anxiety, low self-esteem, and depression. Our service plays a crucial role in addressing this by offering early guidance, reassurance, and practical support. Through our work, we empower people to better understand dyslexia, build confidence, and access the tools they need to succeed.



Deborah Cobbing
Dyslexia Assessor

Website: www.dyslexia-assessment.uk

Email: deborah_cobbing@yahoo.co.uk

Expert SpLD Assessments & Specialist Support for Children and Young Adults

With 26 years of experience in education and 12 years of experience delivering SpLD assessments, I provide expert dyslexia and SpLD services. As a former class teacher, specialist educator, and SENCo across primary and secondary schools in both state and independent sectors, I bring a wealth of experience to every assessment.

Beyond assessments, I offer tailored tuition, school support, and expert consultancy, including advisory work with the British Dyslexia Association.

My approach focuses on identifying strengths, helping students understand their challenges, and providing practical recommendations for support at school, university, and home. I aim to empower students and educators to develop sought-after talents, breaking negative learning cycles and fostering opportunities for success.

Dyslexia Assessors



Fiona McPherson

Specialist Assessor and Teacher

Website: [Fiona McPherson Dyslexia](#)

Email: fmcpherson500@outlook.com

I'm Fiona McPherson, a Specialist Assessor and Teacher, based in Berkshire, with over 20 years' experience of working in the field of neurodiversity. I carry out diagnostic assessments for children and adults, with a focus on dyslexia, alongside a particular interest in dyspraxia, ADHD and executive functioning. This gives me a holistic perspective on how neurodivergent profiles can overlap, making the diagnostic process and recommendations more meaningful.

My knowledge of neurodiversity is extensive, having worked in primary and secondary schools in both the State and Independent sector.

As an experienced SENCo, I continue to work in a secondary school, where I assess and teach. In

addition, I have supported adults through assessment and coaching, as well as working with organisations including the Royal Air Force. I hold an Assessment Practising Certificate, which means my assessments can be used to support applications for Disabled Students Allowance. I have a degree in psychology and I am also trained to assess ADHD in adults and have a coaching qualification. Above all, I love what I do. I pride myself on having an empathetic, positive and

collaborative approach to assessing. I take time with every client to understand their individual strengths and needs, providing evidence-based outcomes that can be applied at school, university, in the workplace and in everyday life.

I assess in person, usually at my home, or in schools and in the workplace. I look forward to working with you.

OTHER PLACES TO FIND SUPPORT AND RESOURCES

**GP / NHS - DISCUSS HEALTH
NEEDS AND REFERRALS.**



**WORKPLACE/SCHOOL - HR
SUPPORT AND EAP'S/SENCO**



NHS AUTISM & ADHD SERVICES



SUPPORTIVE CHARITIES

- Young Minds - www.youngminds.org.uk
- ADHD Foundation - www.adhdfoundation.org.uk
- Mind - www.mind.org.uk
- National Autistic Society - www.autism.org.uk

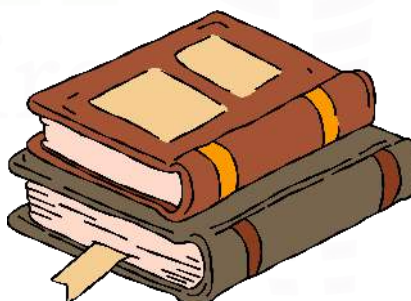
OTHER RESOURCES

VIDEO LINKS:

- <https://adhduk.co.uk/>
- <https://www.nhs.uk/conditions/adhd-adults/>
- <https://www.adhdfoundation.org.uk/>
- <https://www.additudemag.com/>
- www.adhdcentre.co.uk/adhd-for-women
- www.totallyadd.com
- <https://www.youtube.com/@HowtoADHD>
- <https://adhdgirlsandwomen.org/wp-content/uploads/2021/10/Frequently-Asked-Questions-about-Girls-with-ADHD-1.pdf>

BOOKS / ARTICLES:

- Autism in my family.
- The explosive Child
- Delivered from Distraction
- The reason I jump



HELPFUL APPS:

- Forest (focus)
- Calm (relaxation)
- Brain in hand (task support)

