

Carina Embeita

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Educational Psychologist and Family Systemic Psychotherapist



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I am a **Specialist Educational Psychologist (Youth Justice)** and **Systemic Family Psychotherapist- 'Family Therapist'**. My main responsibility is to deliver psychological and therapeutic services for children, young people and the adults who work with them. This includes assessments, consultations, and systemic therapy.

As a systemic family therapist my approach involves highlighting the wider context where problems occur, plus analysing the relationship patterns that maintain difficulties and those that could drive desired change.

Since 2019 I have been able to offer NVR (Non-Violent Resistance) interventions through individual family therapy and parent groups. NVR is an evidence and outcome based, time limited programme to tackle child to parent violence based on systemic family therapy principles and non-violence resistance political movements. I will soon also be offering Multi-Family Therapy groups in schools, an intervention designed to prevent permanent exclusion from school through working collaboratively with children at risk, their parent/carers and school staff.

My professional interests, in addition to systemic family psychotherapy, include: preventing school exclusions and facilitating reintegration; youth offending; and the therapeutic treatment of domestic violence and adolescent harmful sexual behaviour.

About me

People I work with say that I am warm, open and honest with everyone I meet. They say that I am skilled at facilitating groups, asking questions, listening and communicating ideas clearly.

I am committed to working systemically with families, schools and other agencies, as I believe children and young people's needs should be viewed in the context of their environments and not only in relation to themselves as individuals.

I am a firm believer that working collaboratively with colleagues from different agencies is not only an enhancing but necessary aspect of supporting local children and their families. I also genuinely enjoy working in a multi-disciplinary way.

I am always curious and use many different questions in consultations, partly to understand client's experience but also as interventions in themselves as they help clients tap into their own resources when answering them.