

CHANGING MINDS^{UK}

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



SINITTA YU ASSISTANT PSYCHOLOGIST



Sinitta is an Assistant Psychologist who works within the Child and Family Service at Changing Minds UK. She works with young people and those who care for them, who have complex needs including attachment difficulties, developmental trauma, social communication difficulties and mental health needs.

She has a range of experience having previously worked within a national residential child care provision, a Child and Adolescent Mental Health Service (CAMHS), and an inpatient secure ward. Sinitta works with the Applied Psychologists at Changing Minds to support psychological consultation and team formulation for fostering and residential care services, to undertake comprehensive psychological assessments for young people with complex needs and their families, to facilitate training, and provide individual psychological therapy.

She also undertakes research, outcomes and evaluation activities for Changing Minds and other associated organisations. Sinitta has also attended training in Sensory Processing Principles and Parenting with PACE.