



Dr Claire Millward — at a glance

Consultant Clinical Psychologist · HCPC registration PYL18637 · psychological assessment and therapy for children and young people (0–25) and their families · based in Derby, Derbyshire · online across the UK, home visits within 35 miles.

Registration you can verify: “Clinical Psychologist” is a legally protected title. Claire's registration — **PYL18637** — can be checked in under a minute at hcpc-uk.org/check-the-register.

Standing & training

HCPC-registered Clinical Psychologist · BA (Hons) Psychology 1995 · PhD 2000 · DClinPsy, University of East Anglia, 2004 · **Consultant Clinical Psychologist and Lead Clinician since 2004** · NHS since 1999 · advanced clinical supervisor training · BPS child neuropsychology training.

Areas of specialism

Autism, ADHD and AuDHD — including demand-avoidant profiles (a pervasive drive for autonomy) and presentations often missed in girls and women · anxiety in all its forms, from separation and social anxiety to phobias and climate anxiety · OCD including Pure O · School Can't / EBSA and home-educating families · trauma · tics · ARFID and related food worries · sleep · emotional dysregulation · self-criticism and rejection sensitivity · understanding a diagnosis. Ages 0–25; under-8s primarily alongside parents and carers.

Approaches & assessment

CBT · Compassion Focused Therapy · Acceptance and Commitment Therapy · EMDR · solution-focused and systemic approaches · autism-specific approaches including TEACCH, Social Stories and Comic Strip Conversations — adapted to each person rather than one fixed model. Diagnostic and cognitive assessment: ADOS-2, ADI-R, DISCO, 3Di · WPPSI-IV, WISC-V, WAIS · WIAT · ABAS-3 · BRIEF.

How the practice works

Everyone begins with the **First Step Consultation (£200, 90 minutes)**: a short pre-consultation checklist completed at home, then a structured 90-minute consultation. From it Claire writes a **detailed formulation document** — what is going on, why, and exactly what she recommends: therapy (a minimum of six weekly sessions, up to twenty-four, at £139 per hour), a formal assessment where one would genuinely help, or signposting to a better-suited service. Whatever the outcome, the written formulation is yours to keep. Her caseload is deliberately small; parents are welcome to begin without their child present.

For referring professionals

Direct referrals are welcomed from GPs, SENCOs, schools and colleagues — a signpost is enough, and formal referral letters are always reviewed. Please avoid patient-identifiable information by unsecured email. Claire also offers clinical supervision, consultation and CPD training to fellow clinicians. ~~Where a patient would be better served elsewhere — including NHS pathways — she says so and helps them get there.~~

Ready to talk it through? Begin with a First Step Consultation — 90 minutes with Dr Millward, and a written formulation that explains what is going on and exactly what she recommends. → drclairemillward.com

Contact: drclairemillward.com · [practice email · phone — to be added before launch]. This practice does not provide emergency care: in crisis contact your GP, call NHS 111, or in an emergency call 999. © Dr Claire Millward.

Dr Claire Millward, Consultant Clinical Psychologist · HCPC registration PYL18637. This guide offers general information, not individual clinical advice. If you or someone else needs urgent help, contact your GP, call NHS 111, or in an emergency call 999. © Dr Claire Millward.