

JAMES Mc ALLISTER



James is a Child and Adolescent Psychotherapist, Clinical Supervisor, Trainer and Consultant to schools. He is also a Trustee, in the Institute for Recovery from Childhood Trauma

James has worked with children in schools and in private practice for nearly 20 years and has worked for the last 12 years with a post adoption agency as a Creative Attachment Therapist.

As a child psychotherapist and supervisor, James is confronted by the distress, confusion and a lack of capacity to self-regulate in children and young people and how that behaviour impacts on carers, teachers, social workers, therapists and others in the child's life.

As a trustee of the Institute of Recovery from Childhood Trauma, both James and the Charity hold the same aim, which is to ensure that all children and adults have the opportunity to recover from childhood trauma and so to engage more positively and begin to fulfil their potential.

James's understanding of complex trauma and recovery has been significantly influenced by: Bruce Perry, Bessel van der Kolk, Stephen Porges and Pat Ogden amongst others. When possible James works jointly with adoptive/foster parents and children to help build a more secure attachment and James have enjoyed supporting school staff and parents to anticipate and respond more effectively to a child's challenging behaviour which emanates from fear and an Internal Working Model that the world is a dangerous and scary place.