

ATTUNED PSYCHOLOGY & PSYCHIATRY



D R R O W A N R E I S S
D R M O N I K A M A S T A L E R Z

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At Attuned Psychology and Psychiatry we pride ourselves on providing evidence based gold-standard assessments for pupils, their families and their schools

What we offer

All assessments and treatments are in line with National Institute for Health and Care Excellence (NICE) guidance.

Autism Spectrum Disorder (ASD) Assessments

- We utilise gold-standard diagnostic tools, including the Autism Diagnostic Observation Schedule (ADOS) and structured developmental history interviews such as the Autism Diagnostic Interview (ADI) or 3di (Developmental, Dimensional and Diagnostic Interview), in line with NICE guidance (CG128).
- Our assessments are multidisciplinary, often involving psychologists, speech and language therapists, and medical specialists to ensure a comprehensive understanding.
- Schools are actively involved, with teacher questionnaires and liaison, helping us build a complete picture of a child's social and learning profile.
- Families receive clear feedback and practical recommendations tailored to both home and school environments.





Attention Deficit Hyperactivity Disorder (ADHD) Assessments

- Our comprehensive ADHD assessments follow the latest NICE guidelines (NG87) to ensure an accurate, evidence-based diagnosis and a clear plan for support.
- A thorough assessment of attention, impulsivity, and activity levels, using structured clinical interviews, behaviour rating scales, and school input.
- Clear, jargon-free reports are provided, including next steps for families, schools, and healthcare teams.
- Where appropriate, we can offer medical input and prescribing capacity as part of a holistic care plan.
- Strategies and recommendations focus on supporting organisation, concentration, and self-regulation.

Cognitive Assessments

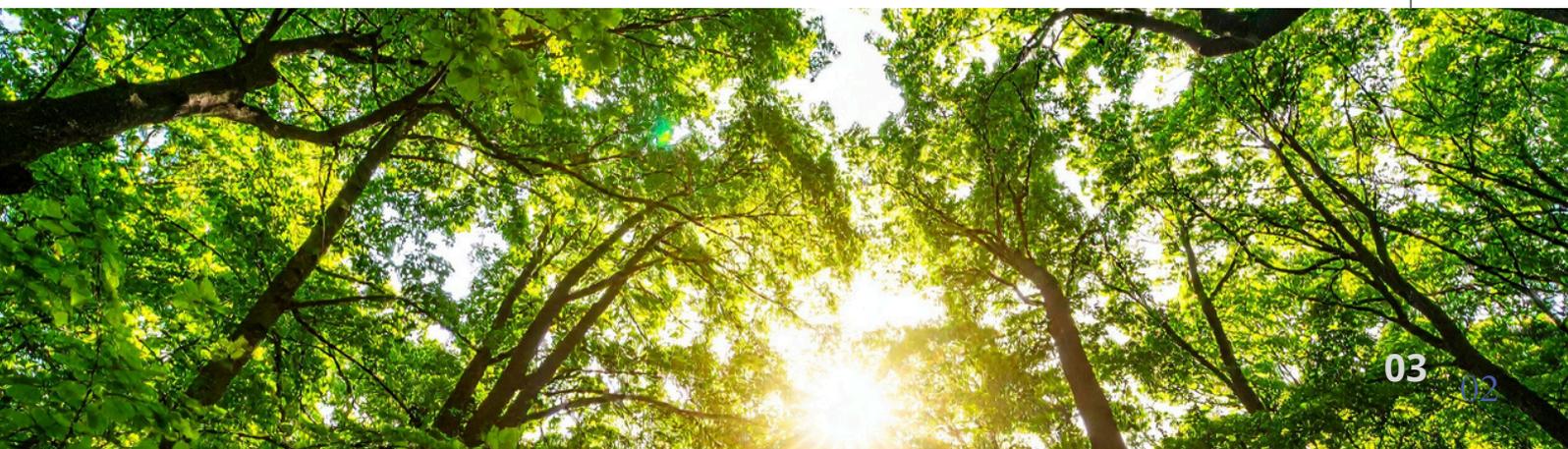
Cognitive Profiling and Dyslexia Assessments

We use validated, standardised tools, including:

- The Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V) is used to assess verbal comprehension, visual spatial skills, fluid reasoning, working memory, and processing speed.
- The Wechsler Individual Achievement Test - Third Edition (WIAT-III) helps us understand a child's academic attainment across areas, including reading, writing, oral reading fluency, spelling, and mathematics.
- Further tests of phonological processing and handwriting (Comprehensive Test of Phonological Processing - CTOPP & Detailed Assessment of Speed of Handwriting - DASH).

Together, these assessments highlight strengths and areas of need, providing insight into specific learning difficulties (e.g., dyslexia, dyscalculia).

Results are shared, with clear, practical recommendations for individualised teaching strategies, exam access arrangements, and long-term learning support.



About us

Dr Mastalerz

Dr Monika Mastalerz is a Child and Adolescent Psychiatrist with 17 years' experience, specialising in children and young people up to 18 years old with a variety of mental health difficulties. In addition to her diagnostic and prescribing skills, Dr Mastalerz is trained in EMDR and trauma-focused CBT. She continues to work in the NHS as a consultant in Child and Adolescent Mental Health Services (CAMHS) in London.



Dr Reiss

Dr Rowan Reiss is a Clinical Psychologist who has worked in the NHS for 21 years. She has extensive experience of working with children and adolescents. Dr Reiss provides Autism assessments and Cognitive assessments, utilising gold-standard assessment tools. Dr Reiss specialises in cognitive behavioural therapy (CBT), compassion focussed therapy (CFT) eye movement, desensitisation and reprocessing (EMDR), and trauma-focussed CBT to treat difficulties including depression and anxiety, trauma and complex trauma resulting in intense and overwhelming emotions.



Why Schools Refer to Us

- Qualified professionals with expertise in child development and neurodiversity
- Timely appointments & minimal waiting lists
- Collaborative assessment process - we welcome teacher input as part of the assessment process.
- Reports designed to support EHCPs, access arrangements & tailored interventions
- Clear, practical reports with recommendations for home and school.

Next Steps

If you would like further information or to discuss a potential referral, you are welcome to book a complimentary discovery call at:
admin@attunedsupport.co.uk

Further information can be found on our website:

www.attuned-psychologyandpsychiatry.co.uk

We would be happy to provide an informal visit to your school to discuss how we can support your pupils.

What families say

"I want to thank you from the bottom of my heart for the help and care you have provided throughout the process. We need more doctors who take a holistic and gentle approach to diagnosis and see the human being and not just the symptoms. Your observations and diagnosis have helped me learn more about myself, and with help and support, I am certain I can really thrive."

I can't recommend you enough! Thank you for helping us with what has been a tricky time

"For my child, it was feeling listened to by an expert who understood how she was feeling, and suggesting ways to start help through medication and a sleep routine".

"As a parent, it was reassuring to know that the assessment was being thoroughly researched and considered. It was important to us that the results reflected not only the support our daughter was already receiving, but also her own experiences and feelings — so we could have confidence in the outcome. She found the assessment to be friendly and welcoming".