



Heather Chambers

Heather is a Consultant Child Psychotherapist in private practice at The Child and Family Development Centre on the Kapiti Coast. She originally began her work in psychotherapy with adults in 1986 and trained further in psychodynamic Child Psychotherapy in 1991, receiving her Post Graduate Diploma in Child Psychotherapy at Otago University, Dunedin. She is a registered psychotherapist for both adults and children and holds an advanced clinical practice certificate through NZAP.

Heather is also a Consultant Child Psychotherapist to the Child Adolescent and Family Mental Health Service at Hutt Valley Health, District Health Board, Wellington. Her primary role is to train and support staff in PACT; an attachment based intervention that she has authored and developed for parents and children experiencing intractable relationship distress. She has trained groups of clinicians in South Australia in the model, through funding and support of Flinders Medical School, Adelaide. Her treatment model is currently being practised and researched within CAMHS services in South Australia.

Heather's longstanding interest and the focus of all of her work is the promotion and remediation of positive parent child relationships as a basis for mental health. Currently she is engaged in teaching, clinical work, supervision and writing. Heather is guest presenter in the Childplayworks Clinical Play Therapy Training Programme for Module 4 and Module 5.