

## Dr Francesca Sawyer

Clinical Psychologist (BSc, PsychD, CPsychol)



Francesca is a clinical psychologist with over 15 years experience working in the NHS. She has worked across some of the UK's leading hospitals, including Great Ormond Street, The Maudsley, and The Evelina Children's Hospital and St Bartholomew's, gaining extensive experience in child and adolescent mental health, child development and emotional impact of living physical health conditions. She currently works as a Consultant Clinical Psychologist in the NHS.

It was during her time leading the specialist psychology service in paediatric allergy that she uncovered a gap in support. While allergies were recognised in medical terms, the psychological impact on children and families was often overlooked. The more she spoke to families, the more she uncovered the hidden emotional challenges of allergies, which even to her as a clinical psychologist had never been taught as part of her formal training. Ever since she became passionate about raising the awareness of the psychological impact of allergies, hoping to increase funding and service provision, so that more families, children and adults can access psychological support.

Francesca is also on a mission to make information as readily available as possible. Over the last 6 years she has developed and refined her unique approach to supporting allergy anxiety; The Allergy Anxiety Method® which is based on evidence-based ideas but adjusted for the unique challenges of living with allergies and has now helped hundreds of families.