

**Dr Rebecca Clark-Dowd**  
**(Doctorate in Clinical Psychology, BA Hons.)**

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**HCP Registration No. PLY26205**

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**PROFESSIONAL QUALIFICATIONS & EXPERTISE**

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**Professional Qualification(s)**

Chartered Clinical Psychologist

**Areas of Expertise**

Adults only

**General every day issues**

- Parenting Assessments
- Women's Mental Health
- Post-natal Depression
- Domestic Violence and problematic relationships
- Mental health including trauma/PTSD, depression & anxiety, self harm/suicidal ideation
- Factitious illness & medically unexplained symptoms
- Personality Disorder
- Abuse & Neglect – physical, emotional or sexual
- Risk Assessments including sexual risk assessment
- Learning difficulty / disability

I undertake assessments of adults for the family court. I have a special interest in women's health, wellbeing during pregnancy and postnatally and vulnerability, including domestic violence.

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**RELEVANT EXPERIENCE**

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I have worked as an expert witness since 2014, providing evidenced based, well-researched reports to inform psychological functioning in parents involved in childcare proceedings, as well as criminal cases. I have significant clinical experience working with individuals with personality difficulties and problems coping. I have a special interest in women's wellbeing post-birth and have worked therapeutically with women experiencing psychological difficulties during and following pregnancy. I also have a special interest in health-related functioning, including medically unexplained symptomology.

I have extensive experience delivering assessments within the child protection system. I adapt my approach to fit the needs of instruction: for example, to understand the potential for engagement with therapy, working with professionals or risk assessment regarding anger, violence or potential to return to violence/substance misuse. I include robust measures of social desirability and genuineness regarding engagement to inform likelihood of change. I have extensive experience in the delivery of cognitive testing, including intellectual ability and capacity to litigate.

**For full details of work history please refer to the attached Appendix.**

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## **REPORTS**

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I have prepared over 100 reports for the **family and criminal courts**. These reports have covered the following areas:

- Public Law assessments of adults
- Assessment of parenting (including pre-proceedings)
- Assessment of cognitive ability

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## **QUALIFICATIONS, TRAINING & RESEARCH**

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### **Qualifications**

- Doctorate in Clinical Psychology, Teesside University, 2010.
- BA Hons, Combined Arts (British Psychological Society Accredited), University of Leicester, 2004.

### **Training**

- **Psychometric Testing Training:** British Psychological Society Level A & B Psychometric Test User Training – 2015, Wechsler Adult Intelligence Scale III Training - Bowland Psychological Services – 2006
- **Expert Witness Training:** British Psychological Society Expert Witness Training: Part 1 – 2015, British Psychological Society Expert Witness Training: Part 2 – 2015
- **Additional Therapy Training:** Mindfulness/ Mindfulness based CBT – Northumbria Healthcare NHS Foundation Trust – 2016, Graded Exercise Therapy Training - Vitality 360, Newcastle Hospitals NHS Trust – 2013, Introduction to Cognitive Analytic Therapy - Northumberland, Tyne and Wear NHS Foundation Trust – 2010, Foundation Skills Training in Cognitive Behavioural Therapy - Northumberland, Tyne and Wear NHS Trust – 2007, Level 2 Certificate in Counselling Skills – NCFE – 2005
- **Supervision:** Accredited Supervisor Training for Supervision of Clinical Psychology Trainees - Teesside University - 2011

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## **MEMBERSHIPS & PUBLICATIONS**

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### **Professional Memberships**

- Chartered Member of the British Psychological Society (BPS) Registration number: 140649
- Registered Clinical Psychologist with the Health Care Professions Council

### **Publications & Presentations**

- A full list of publications is available on request.

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## **OTHER RELEVANT INFORMATION**

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- I hold public liability & professional indemnity insurance.
- I hold a clean driving license and am able to travel nationwide.
- I engage in regular Continuing Professional Development and supervision.

## **Appendix**

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## **CHRONOLOGICAL WORK HISTORY**

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### **Current Positions Held**

<p><b>Independent Clinical Psychologist</b></p> <p><b>2014 to date</b></p>	<ul style="list-style-type: none"> <li>• Comprehensive psychological assessment to inform family and criminal courts, including pre-proceedings (PLO) work.</li> <li>• Use of psychometric testing, including cognitive assessment.</li> <li>• Inform and defend opinion in court.</li> <li>• Regular Continuing Professional Development and supervision.</li> <li>• Nationwide travel and competitive timescales.</li> </ul>
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### **Relevant Previous positions**

<p><b>Principal Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust</b></p> <p><b>2014 to 2017</b></p>	<ul style="list-style-type: none"> <li>• Psychological assessment and therapy (Cognitive Behavioural Therapy, Cognitive Analytical Therapy, mindfulness) for patients and families experiencing cancer.</li> <li>• Staff supervision, consultation and support.</li> <li>• Teaching and training regarding psychological principles of coping, adjustment and loss.</li> <li>• Additional clinics: surgery assessment, gastrointestinal problems.</li> </ul>
<p><b>Associate Psychologist, Vitality 360</b></p> <p><b>2014 to 2017</b></p>	<ul style="list-style-type: none"> <li>• Psychological assessment and therapy for individuals with long term health conditions.</li> <li>• Sykpe-based therapy sessions.</li> <li>• Work with insurance companies to help individuals work towards rehabilitation goals including vocational rehabilitation.</li> <li>• Provide regular reports/consultation with insurance companies.</li> </ul>
<p><b>Principal Clinical Psychologist, Newcastle Hospitals NHS Foundation Trust</b></p> <p><b>2013 to 2014</b></p>	<ul style="list-style-type: none"> <li>• Psychological assessment and therapy (Cognitive Behavioural Therapy) for medically unexplained symptoms.</li> <li>• Formal training in and delivery</li> </ul>

	<p>of Graded Exercise Therapy (NICE recommended treatment).</p> <ul style="list-style-type: none"> <li>• Provision of education and CBT groups.</li> <li>• Staff supervision and support.</li> </ul>
<p><b>Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust</b></p> <p><b>2014</b></p>	<ul style="list-style-type: none"> <li>• Psychological assessment and interventions to patient undergoing investigations and treatment for cancer.</li> </ul>
<p><b>Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust (Research)</b></p> <p><b>2011 to 2013</b></p>	<ul style="list-style-type: none"> <li>• Delivered research exploring psychological factors contributing to patient delay in reporting symptoms during chemotherapy.</li> <li>• Research design, delivery and evaluation.</li> <li>• Formal training in research design &amp; analysis.</li> <li>• Application for funding experience.</li> <li>• Dissemination through presentation and posters at national conferences.</li> </ul>
<p><b>Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust</b></p> <p><b>2011 – 2013</b></p>	<ul style="list-style-type: none"> <li>• Psychological assessment and therapies for patient with pregnancy related problems and post-partum.</li> <li>• Support patients experiencing mental health difficulties during pregnancy/postnatally.</li> <li>• Therapy for trauma/PTSD.</li> <li>• Liaise with specialist psychiatric services for women with obstetric related mental health problems.</li> <li>• Liaise with safeguarding teams.</li> <li>• Psychological assessment and therapies for patient with gynaecological complaints including sexual dysfunction.</li> <li>• Staff training in mental health difficulties during pregnancy &amp; post-partum.</li> </ul>