



Dr Rebecca Clark-Dowd BA(Hons), D.Clin.Psych., AFBPsS

## Chartered Clinical Psychologist



Health Professions Council Registration: **PYL26205**  
British Psychological Society Membership: **140649**

Dr Rebecca Clark-Dowd qualified as a Clinical Psychologist over 10 years ago and has worked as an Expert Witness for the Courts since 2014, providing evidenced based, well-researched reports to inform psychological functioning in parents involved in childcare proceedings, as well as criminal cases. She now has much experience delivering opinion and findings to the Court; both via her reports and through her verbal evidence, via cross-examination (both in hearings and virtually, of late).

Dr Clark-Dowd has significant clinical experience working with individuals with personality difficulties and problems coping. She has a special interest in women's wellbeing post-birth and has worked therapeutically with women experiencing psychological difficulties during and following pregnancy. Dr Clark-Dowd also has a special interest in health-related functioning, including medically unexplained symptomatology/ induced illness of others.

Dr Clark-Dowd adapts her 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. She includes robust measures of social desirability and genuineness regarding engagement to inform likelihood of change. She delivers cognitive testing, including intellectual ability and capacity to litigate.

### FAMILY AND CRIMINAL LAW REPORT EXPERTISE

Dr Clark-Dowd has prepared over 400 reports for the Family Courts. These reports have covered the following areas

- Parenting Assessment
- Mental Health Difficulties including Depression/Anxiety/OCD/Self-Harm and Suicidal Ideation
- Difficulties in Pregnancy and Post-natal Depression
- Domestic Violence and problematic relationships
- Substance Misuse and Dependence (Drugs and Alcohol)
- Potential for Abuse & Neglect – physical, emotional or sexual
- High Conflict Parental Dispute
- Trauma and PTSD
- Fabricated or Induced Illness (inc. Carers), Medically Unexplained Symptoms
- Personality Disorder and personality functioning
- Risk Assessments including violence and/ or sexual risk assessment
- Learning difficulty / Learning Disability
- Remote Assessments
- National and International Travel

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## WORK HISTORY

**2014 – Present**

### **Independent Clinical Psychologist**

- Comprehensive psychological assessment to inform family and criminal courts, including pre-proceedings (PLO) work and private matters.
- Use of psychometric testing, including cognitive assessment.
- Inform and defend opinion in court.
- Regular Continuing Professional Development and supervision.
- Nationwide (and international) travel and competitive timescales.
- Use of remote assessment including Psychometric Testing.

**2014 – 17**

### **Associate Psychologist, Vitality 360**

- Psychological assessment and therapy for individuals with long-term health conditions.
- Skype-based therapy sessions.
- Work with insurance companies to help individuals work towards rehabilitation goals including vocational rehabilitation.
- Provide regular reports/consultation with insurance companies.

**2014 – 17**

### **Principal Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust**

- Psychological assessment and therapy (Cognitive Behavioural Therapy, Cognitive Analytical Therapy, Mindfulness) for patients and families experiencing cancer.
- Staff supervision, consultation and support.
- Teaching and training regarding psychological principles of coping, adjustment and loss.
- Additional clinics: surgery assessment, gastrointestinal problems.

**2013 – 14**

### **Principal Clinical Psychologist, Newcastle Hospitals NHS Foundation Trust**

- Psychological assessment and therapy (Cognitive Behavioural Therapy) for medically unexplained symptoms.
- Formal training in and delivery of Graded Exercise Therapy (NICE recommended treatment).
- Provision of education and CBT groups.
- Staff supervision and support.

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- 2014**                      **Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust**
- Psychological assessment and interventions to patient undergoing investigations and treatment for cancer.
- 2011 – 13**                      **Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust (Research)**
- Delivered research exploring psychological factors contributing to patient delay in reporting symptoms during chemotherapy/stages of change and ability to act.
  - Research design, delivery and evaluation.
  - Formal training in research design & analysis.
  - Application for funding experience.
  - Dissemination through presentation and posters at national conferences.
- 2011 – 13**                      **Clinical Psychologist, Northumbria Healthcare NHS Foundation Trust**
- Psychological assessment and therapies for patient with pregnancy related problems and post-partum.
  - Support patients experiencing mental health difficulties during pregnancy/postnatally.
  - Therapy for trauma/PTSD.
  - Liaise with specialist psychiatric services for women with obstetric related mental health problems.
  - Liaise with safeguarding teams.
  - Psychological assessment and therapies for patient with gynaecological complaints including sexual dysfunction.
  - Staff training in mental health difficulties during pregnancy & post-partum.

## **PROFESSIONAL QUALIFICATIONS**

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

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- **Psychometric Testing Training:** Risk of Sexual Violence Protocol Training 2020, 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, 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

## PUBLICATIONS AND PRESENTATIONS

- 2013** Clark-Dowd, B., & Asbury, N. (2013). Talking infection during chemotherapy: What we think we tell patients and what they hear. Oral Presentation at the Division of Health Psychology (British Psychological Society) Conference, Holiday Inn Brighton, 11-13th September 2013.



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- 2013** Clark-Dowd, B., & Asbury, N. (2013). "I'll be alright tomorrow". Exploring patient delay in monitoring and responding to symptoms of neutropenic sepsis during chemotherapy. Poster presentation at the Division of Health Psychology (British Psychological Society) Conference, Holiday Inn Brighton, 11-13th September 2013.
- 2013** Clark-Dowd, B., & Asbury, N. (2013). "I'll be alright tomorrow". Exploring patient delay in monitoring and responding to symptoms of neutropenic sepsis during chemotherapy. Poster presentation at the British Psychosocial Oncology Society Annual Conference, Southampton, 17th-18th January 2013.
- 2012** Clark-Dowd, B., & Asbury, N. (2012). Symptoms of life-threatening infection during cancer treatment: Why do some patients fail to report? A qualitative study. Oral Presentation at the Division of Clinical Psychology (British Psychological Society) Conference, University of Oxford, 5-7th December 2012.