



**Dr Abigail McCormack**  
BSc (hons), DClinPsych, CPsychol, PG Dip  
**Chartered Clinical Psychologist**



Health Professions Council Registration: PY19280  
British Psychological Society Membership: 159558

Dr McCormack is a Clinical Psychologist and CBT Therapist who has extensive clinical experience within Mental Health across the lifespan and with clients on the Autism Spectrum. She is a leader within the field of mental health. She is highly experienced at carrying out professional and focussed complex assessments, within a timeframe, in order to ascertain the client's main presenting difficulties and/or diagnosis. Dr McCormack also has experience of writing professional and concise psychological reports with a target audience in mind. She is also adept at making recommendations for future interventions as appropriate.

Dr McCormack is comfortable and experienced at the delivery of therapy, both clinical psychology interventions and CBT, through multiple mediums (including online forums). It is of note that she is a trained Adult Asperger Assessment tool assessor and has spent many years assessing and report writing for Cornwall's Adult Asperger Assessment team. She is therefore experienced at identifying previously undiagnosed Autism in clients presenting with apparent mental distress. This ability to differentiate between Autism diagnoses can be key within court proceedings. Dr McCormack also has experience of tailoring interventions to a neuro-diverse population. Additional, Dr McCormack is a Bond Salon trained Expert Witness in giving both written and court room evidence.

#### **AREAS OF SPECIALISM**

- Complex assessment, formulation and diagnosis of Mental Health difficulties
- Differential diagnosis
- Assessment and diagnosis of depression and all anxiety disorders
- Assessment and diagnosis of Asperger Syndrome (16+)
- Expert in assessment and diagnosis of female clients on the Autism Spectrum
- Completing Assessment and evidence-based intervention online
- Delivering evidence-based interventions as a qualified CBT therapist
- Experienced in occupational health assessments and recommendations
- Highly experienced in leadership and teamwork training and interventions in the workplace

#### **PROFESSIONAL QUALIFICATIONS**

2009 Post Graduate Diploma in Cognitive Behavioural Therapy, University of Plymouth  
2008 Doctorate in Clinical & Community Psychology, University of Exeter  
2002 BSc Psychology (Hons), University of Reading

#### **WORK HISTORY**

**2016 – Pres Strategic Clinical Lead and Chartered Clinical Psychologist, Outlook Southwest LLP**

Dr McCormack has responsibility for the design of the organisational strategy in order to deliver a safe, effective and well-led IAPT service, within the financial envelope. She is responsible for

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creating and modelling an optimal working environment for all members of staff, both clinical and non-clinical, as a health workforce increases the quality of patient care, ensuring patients are seen within an appropriate time frame. It is also Dr McCormack's responsibility to support the senior multidisciplinary management team in delivering within their respective roles.

**2008 – 16      Senior Clinical Psychologist and Lead for Supervision and Professional Development of PWP's**

- Oversaw the supervision of PWP's within the workforce and responsible for continued training and professional development of therapists.
- Completed assessment within the Asperger's Diagnostic Team.
- The clinical aspect of the role saw Dr McCormack working with clients across the lifespan, with a range of severity and a cross section of disorders including GAD, panic, OCD, PTSD and depression.

**2007 – 08      Trainee Clinical Psychologist, Cornwall Child & Family Service and Eating Disorders Service**

- Experience includes individual work and group work, staff and war-based work and peer supervision.
- Consolidation of assessment, formulation and intervention skills from a variety of perspectives in relation to client with eating disorders across the lifespan and children and teenagers in the child and family service.
- Developed, implemented and evaluated a group for teenagers with eating disorders as part of a service development initiative.

**2006 – 07      Trainee Clinical Psychologist, West of Cornwall Community Mental Health Team & Peninsula Primary Care**

- Experience of complex case work within a severe and enduring service including childhood and adult trauma, personality disorder, mood disorder and psychosis. Managing risk, forensic issues and self-harm.
- Experience of working as a Psychologist within a multidisciplinary team and disseminating psychological mindedness, including acting as a psychological consultant for CPN's.
- Key experiences were working with clients with anxiety and depression, PTSD and mild-moderate distress.
- Experience of working from CBT, CAT, Psychodynamic and narrative perspectives.

#### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

2019      Excellence in Report Writing (Written Evidence) Bond Salon Expert Witness Training

2019      Excellence in Court Room Skills Bond Salon Expert Witness Training

2019      Leadership Academy Award in Healthcare Leadership

2019      Pacesetter Series: Organisational Development: South West NHS Leadership Training Academy

2019      Leading in Complex Systems: South West NHS Leadership Training Academy

2018      Creativity and Innovation in Leadership: South West NHS Leadership Training Academy

2014      Adult Asperger Assessment Training: Cambridge University

2002      Introduction to Integrative Counselling: Theory & Practice

#### **PUBLICATIONS AND PRESENTATIONS**

Major Research Project: 'Investigating Partner Support of Health Behaviour Change in a Cardiac Population', submitted to 'Health, Education & Behaviour' September 2007 – September 2008

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Research Consultant for the Peninsula Medical School. Duties included disseminating psychological thinking, specialist knowledge of working with children and research skills to medical students and aiding in the development, implementation, evaluation and presentation of a research project.

McCormack et al (2010) Consulting with Young People about Healthcare Paediatric Health, 4(2), 167-175