



**Dr Mma Yeebo**

BSc (Hons), MSc, DCLinPsy, CPsychol.

**Clinical Psychologist**



Health Professions Council Registration: **PYL041795**  
British Psychological Society Membership: **352923**

Dr Mma Yeebo is a HCPC registered Clinical Psychologist. She delivers therapy to university students to support them with a range of presenting mental health problems including, but not limited to, Post Traumatic Stress Disorder (PTSD), depression, anxiety, suicidal ideation and/or self-harm and difficulties from childhood neglect or abuse. She is involved in research around the psychological wellbeing needs of racially and ethnically minoritised university students.

She has clinical experience in working in community based mental health environments and secure settings with children, adolescents, and adults with severe and enduring mental health needs. She provides individual psychological assessments therapy based on principles of Cognitive Behavioural Therapy, systemic therapy, Systemic Practice and Family Therapy, Compassion Focused Therapy and Acceptance and Commitment Therapy. She enjoys working with diversity and with marginalised groups where there may have been past experiences of discrimination.

Dr Yeebo has expertise in completing a wide range of psychometric tests and specialist assessments to support in her work completing high quality assessments as an expert witness.

Dr Yeebo carries out full psychological assessments as well as cognitive assessments.

#### **AREAS OF SPECIALISM**

- Collaborative and holistic person-centred care with individuals in psychological distress, drawing upon a variety of psychological models including:
  - Cognitive Behavioural Therapy (CBT)
  - Trained to Foundation Level in Systemic Practice and Family Therapy
  - Compassion Focused Therapy and Acceptance and Commitment Therapy
- Trauma informed working
- Neuropsychological assessment and interpretation
- Values informed Leadership and Teamwork within cross-cultural and multidisciplinary teams
- Highly adaptable written and verbal communication to a high standard
- Clinical record keeping to a high standard
- Risk assessment and management of high levels of risk to self and others
- Working cross-culturally with individuals from diverse ethnic, racial, cultural, religious, sexual, and social backgrounds
- Working within a social justice informed framework underpinned by anti-oppressive practice
- Transferable skills in sustained client engagement, assertive outreach, and dual diagnosis work
- Experience of working in highly emotive environments, de-escalation and working with challenging, abusive, hostile behaviour and in settings with high levels of violence and aggression

#### **PROFESSIONAL QUALIFICATIONS**

**Sept 2019 – Sept 2022    Doctorate in Clinical Psychology, Newcastle University**

---

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

In my clinical training I undertook clinical placements in the following settings - community-based adult mental health, community based child, and adolescent mental health (CAMHS), community-based adult learning disability, and inpatient and community-based older adult mental health. My elective placement was split between the PTTRC and a secure children's home. I worked with children with high vulnerability and at high risk of harm who experienced trauma and neglect at home and in the community. I gained experience in working clinically with psychoses, anxiety disorders, depression, complex trauma, PTSD, hoarding disorder and OCD.

My doctoral thesis explored unusual sensory experiences, trauma and dissociation and the meaning individuals make of such experiences. I was the school representative for three years. I spent two years as the co-chair of the Equity, Diversity, and Inclusion Sub-Committee (EDI-SC) which involved addressing racial disparities within the profession of Clinical Psychology and within Clinical Psychology Doctoral programmes in England at a micro, local level. As the committee grew it expanded to include initiatives to address discrimination and disadvantage affecting individuals from all marginalised groups.

**Literature Review:** Reported rates of child sexual abuse in university students in the UK and Ireland

**Empirical Paper:** Traumatic life events and multimodal unusual sensory experiences: does dissociation play a mediating role?

**2013 – 2014**                      **Neuropsychology, MSc. GPA: 7.5 Dutch (3.3 US), Maastricht University**

My MSc. was taught through problem-based learning – in student-led tutorials we used case studies to structure our learning. This required application of literature to real-life situations, placing learning in a wider mental health context.

**Research internship and Thesis:** Exploring the link between memory contextualisation and intrusive memories in PTSD

**2009 – 2012**                      **Psychology, Bachelor of Science (Honours), Second class, lower division, University of Birmingham**

**Dissertation:** Spatial awareness in visuo-spatial neglect.

**Extra-curricular activities:** Student mentor; guild councillor for ethnic minority students; vice president for the 'Students for Justice in Palestine' society; vice president for 'Students Against Cuts' society, treasurer: 'Rock music' society.

## **WORK HISTORY**

I have worked with individuals with a range of mental health difficulties in a variety of clinical environments, from community-based settings to highly secure forensic environments. My work has included clinical research, psychological assessment, formulation, group, and individual interventions informed by psychological theory and best practice, administration and interpretation of psychometrics, co-facilitation of staff support groups and reflective spaces, client advocacy, carer support, teaching and training, and joint working with wider community and third-sector services. I also have experience in teaching and marking in university settings.

**October 2022 – Present**                      **Guest Lecturer, Newcastle University**

Facilitated the following teaching sessions for the Doctorate in Clinical Psychology, the Low Intensity Psychological Therapies Postgraduate certificate, and the BSc in Psychology: Risk in Children and Young people; Transition to Band 7; Values informed Leadership; Whiteness in Clinical Psychology; Decolonising Clinical Psychology, EDI in Clinical Psychology.

**October 2022 – Present**                      **Clinical Lead, Psychological Therapies Training and Research Clinic (PTTRC), Newcastle University**

In this role I oversee and manage the day to day running of the PTTRC, an innovative service that offers CBT to university students.

**Clinical Psychologist, Mental Health Strand Lead, Pro.NE Project, Newcastle University**

---

This project aims to research the mental health needs faced by racially and ethnically minoritised students at 5 universities in the North-East of England. The outcomes of this research will inform the development of innovative and specialised support.

**Aug 2019 – Sept 2022**     **Trainee Clinical Psychologist, Cumbria, Northumberland, Tyne & Wear NHS Trust**

For additional details please see ‘academic qualifications’ section.

**Apr 2017 – Aug 2019**     **Higher Assistant Psychologist, HMP Wormwood Scrubs, London, UK.**

## **PUBLICATIONS**

1. Wilson Rogers, L., Yeebo, M., Collerton, D., Moseley, P. & Dudley, R. (2024) Non-clinical hallucinations and mental imagery across sensory modalities, *Cognitive Neuropsychiatry*, DOI: [10.1080/13546805.2024.2313467](https://doi.org/10.1080/13546805.2024.2313467)
2. Yeebo, M. & Thwaites, S. (2023, April 6). *How is the mental health strand exploring the mental health needs of racially minoritised students in the North-East of England?* [Conference presentation]. Pro.NE Conference, Teesside, United Kingdom.
3. Yeebo, M. (2023, November 2-3). UKCGE Conference. *Exploring the mental health needs of racially minoritised students in the North-East of England* [Conference presentation]. 1st UKCGE Conference on Equity, Diversity, and Inclusion in Postgraduate Research, Sheffield, United Kingdom.
4. Farooq, R., Abuan, B., Griffiths, C., Usman-Dio, F., Kamal, O.J., Toor, P., Hajaji, Y., & Yeebo, M. (2023). “I didn’t feel as though I fitted in”: Critical accounts from aspiring clinical psychologists from racially minoritised backgrounds. *Journal of Critical Psychology, Counselling and Psychotherapy*, Vol. 22, No. 3, 6-17
5. Farooq, R., Addy, C., Yeebo, M., & Hajaji, Y. (2020). "We can't ever be equal because they're the kids and we're the adults": Reflections on introducing a young people participation and involvement strategy in the Children and Young People's Secure Estate: A Practice Paper. *Journal of Social Care*, Vol. 3, Article 6.
6. Yeebo, M., Hajaji, Y., Addy, C., & Farooq, R. (July, 2022). “No-one here looks like me...”. Exploring the experiences of racially minoritised children and young people in the Children and Young People's Secure Estate [Conference presentation]. *Newcastle University Clinical Psychology Doctorate Programme's Equity and Social Justice in Mental Health Conference*, Newcastle, United Kingdom.
7. Yeebo M., Addy, C., & Farooq, R. (May, 2022). “No-one here looks like me...” Exploring the narratives and experiences of racially minoritised children and young people in the Children and Young People's Secure Estate. *Symposium presented at the national organisation for the treatment of abuse (NOTA) annual conference*, Leeds, United Kingdom.
8. Appiah, A., Yeebo M., Bamford, J., Thwaites, S., Lomax, C., & Farooq, R. (2021, July) ‘Seeing ‘me’ in Clinical Psychology’: An Evaluation of the North-East BAME Mentoring Scheme Launch for Aspiring Clinical Psychologists. [Poster presentation]. Newcastle University, Newcastle, UK.
9. Richardson, T., Yeebo, M., Jansen, M., Elliott, P. and Roberts, R. (2018), "Financial difficulties and psychosis risk in British undergraduate students: a longitudinal analysis", *Journal of Public Mental Health*, Vol. 17 No. 2, pp. 61-68.
10. Richardson, T., Wrightman, M., Yeebo, M., & Lisicka, A. (2017). Reliability and Score Ranges of the PHQ-9 and GAD-7 in a Primary and Secondary Care Mental Health Service. *Journal of Psychosocial Rehabilitation and Mental Health*, 4, 237-240.
11. Yeebo, M. (2015). Ethnic differences in BDNF Val66Met polymorphism. *British Journal of Psychiatry*, 207(4), 363-363. doi:10.1192/bjp.207.4.363.