DR Rebecca Brockhouse

Title/Professional Post: Clinical Psychologist

Telephone: 0161 2621622

Email address: info@justpsychology.co.uk

PROFESSIONAL QUALIFICATIONS AND RELEVANT EXPERIENCE

Professional Qualifications

2001-2004	BSc (Hons) Psychology	University of Leicester
2004-2005	MSc Applied Forensic Psychology	York University
2007-2010	Doctorate in Clinical Psychology	Lancaster University
2010	Health Professionals Council Registration (No. PYL 25606)	HCPC

Professional Experience

2007-2010 *Trainee Clinical Psychologist, Lancaster University*
- Experience of completing assessments, formulations, interventions, consultation and training with children, adults, older adults and learning disability populations
- Specialist experience in medium and low secure forensic populations

2010- *Clinical Psychologist, Lancashire Care Foundation Trust*
- Working in medium and low secure Forensic Service

2010- *Honorary Lecturer, Lancaster University*

2012-2014 *Senior Clinical Psychologist, Lancashire Care Foundation Trust*
- Working in the Crisis and Home Treatment Team and the Personality Disorder Managed Clinical Network (PDMCN)

2013- I*ndependent Psychologist*
- Private therapy, medicolegal assessments for individuals following car accidents and expert witness assessment reports.

2014- *Senior Clinical Psychologist, Lancashire Care Foundation Trust*
- Working with the Personality Disorder Managed Clinical Network (PDMCN) providing SCM, DBT, training, consultation and supervision.

Professional Discipline
Clinical Psychology

<div align="center">**Specialist Field**</div>

Adults

Adults with forensic history

Adults with diagnosis of Personality Disorder

Trained in Mentalisation Based Therapy (MBT) & Dialectical Behaviour Therapy (DBT)

AREAS OF PARTICULAR EXPERTISE

Assessment:

Psychological assessment of adults

- Assessment of personality disorders (IPDE trained)
- Assessment of psychological wellbeing
- Assessment of risk (to self and others)
- Assessment of adult attachment relationships
- Medico-legal assessments

Formulation:

- Formulating a person in the context of their background, developmental history, experiences and current environment
- Developing individualised formulations to inform any intervention

Therapeutic Intervention:

Delivering individualised interventions to adults-

- Therapeutic interventions on understanding and managing difficult relationships
- Individual and indirect therapy around psychological well being such as anxiety, low mood, anger, suicidal ideation and self harming
- Delivering culturally appropriate interventions and adapting Western models of therapy to different cultural groups

Delivering group based interventions to adults-

- Dialectical Behaviour Therapy (including individual therapy and skills groups)
- Mentalisation Based Therapy Group work
- Life skills Group work
- Mindfulness Groups
- Psychoeducation and motivation to change based groups (developed and designed by me and rolled out by Lancashire Care NHS Trust throughout the trust)

Consultation and Supervision

- Formal training in supervising other professionals to deliver interventions
- Extensive experience of consultation to carers, mental health workers and residential placements.

Research

- Peer-reviewed publications on trauma within psychology:

- Brockhouse, R., Msetfi, R. M., Cohen, K. & Joseph, S. (2011). Vicarious exposure to trauma and growth in therapists: the moderating effects of sense of coherence, organizational support and empathy. *Journal of Traumatic Stress, 24* (6), 735-742.

RELEVANT TRAINING AND TEACHING:

- Training to mental health professionals regarding personality disorder, attachment and managing crises.(Ongoing)
- Training to child psychologists regarding personality disorder and working with children with parents with this diagnosis and children with severe and complex emotional and behavioural difficulties (2015)

Continuing Professional Development in a range of topics including: mindfulness, suicide, mental capacity act, formulation, working with individuals with self harm and/ or are suicidal, on