



## Dr Rebecca Mount

Clin.PsyD., Ph.D., B.Sc., C.Psychol.

### Clinical Psychologist



Health Professions Council Registration: **PYL18943**

Dr. Rebecca Mount is a Clinical Psychologist with over 20 years of experience specialising in the assessment and intervention of children and families. She has extensive expertise working with children and young people who present with complex developmental trauma, attachment difficulties, and mental health challenges. Her work focuses on psychological assessments that inform intervention packages to support children and families, particularly within care systems.

Dr. Rebecca Mount is experienced in working with children in foster care, adoption settings, and residential homes, and she provides consultation to multidisciplinary teams in health, education, and social care. She offers comprehensive psychological assessments, including cognitive assessments and risk management plans, which help guide care decisions and support therapeutic interventions.

She has undergone specialist training in a wide range of therapeutic approaches, including Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), and Dyadic Developmental Psychotherapy (DDP). Her interventions are tailored to the individual needs of children, parents, and carers, and address a variety of presenting issues, such as anxiety, depression, attachment difficulties, PTSD, self-harm, and complex trauma.

#### AREAS OF SPECIALISM

- Child and Adolescent Mental Health
- Developmental Trauma and Attachment Difficulties
- Psychological Assessments for Children in Care
- Anxiety, Depression, and Emotional Dysregulation in Children and Teens
- Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT)
- Trauma, PTSD, and EMDR for Children and Adults
- Therapeutic Support for Foster and Adoptive Families
- Consultation to Health, Education, and Social Care Professionals
- Parent-Child Relationships and Parenting Support
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#### PROFESSIONAL QUALIFICATIONS

<b>2005</b>	Clin.Psy.D	The University of Birmingham
<b>2001</b>	Ph.D. Psychology	University College London 2001
<b>1995</b>	B.Sc. (Hons) Psychology	University of Reading

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## EMPLOYMENT HISTORY

### **2011 – Current**                      **Proprietor & Clinical Psychologist** - Access Psychology

Ongoing provision of psychological services to children, families and adults using a range of psychological and psychotherapeutic approaches. I accept self-funding referrals as well as those from several insurance companies. I also provide therapeutic and consultation services to other providers. Projects have included providing psychological input to a private provider of residential care for children and young adults, consultation to a Local Authority emotional health and wellbeing service, clinical advisor for an online provider of psychological therapies to children and families within school settings, consultation to a residential parenting assessment service.

### **2020 – 2022**                      **Associate Lecture in Clinical Psychology** – University of Worcester

### **2014 – 2019**                      **Service Lead for Children in Care** - Midlands Psychology CIC, Stafford, UK

### **2008 – 2014**                      **Highly Specialist Clinical Psychologist for Looked After and Adopted Children in CAMHS** - Black Country Partnership NHS Foundation Trust.

## SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Value and vitality for young people Louise Hayes, Contextual Consulting 2023
- Developing Psychologically Flexible Darin Cairns, Contextual Consulting 2022
- children and adolescents
- ACT for Adolescence Psychwire, Russ Harris 2022
- Polyvagal Informed Therapy Master Class Deb Dana, PESI UK 2021
- ACT for difficult to engage teens CONTEXTUAL CONSULTING 2020
- ACT – 100 Key Points and techniques CONTEXTUAL CONSULTING 2020
- Clinical Application of Compassion NICABM 2019
- 2 Day Solution Focused Practice BRIEF 2016
- Cognitive Assessment of Children British Psychological Society and Young People 2015
- EMDR Level 1, 2 and 3 The University of Birmingham 2009 - 2010
- Clinical Psychology
- Supervisor Training Days 1-4 The University of Birmingham 2007 - 2009
- Dyadic Developmental
- Psychotherapy Level 1 Dr. Daniel Hughes, Family Futures 2009

## AREAS OF EXPERIENCE

### **Psychological assessment:**

- Children: initial screening and more detailed assessments to inform appropriate specialist CAMHS intervention. Risk assessments and risk management plans including the management of self-harm.
- Assessments of children to inform care planning by children’s services (e.g. placement options, contact arrangements). General cognitive assessments.
- Adults: in-depth tailored psychological assessments which incorporate the impact of past experiences and traumas, consideration of presenting difficulties, strengths and needs and concerns for the future.
- The assessments move beyond mental health diagnoses to establish an in-depth understanding of the issues and concerns. This understanding is used to make recommendations for specific individualised psychological intervention plans. General cognitive assessments.
- Range of assessment tools including interviews, observations and for children play based assessments, Family Relations Test, Children’s Self Report and Projective Inventory.
- Range of psychometric measures including cognitive assessments (e.g. WPPSI-IV, WISC-IV, WAIS-IV),

behaviour and emotional questionnaires (e.g. Child Behaviour Checklist, Trauma Symptom Checklist, Assessment Checklist for Children) and measures of psychological distress (e.g. GAD-7, PHQ-9).

**Psychological treatment / therapy:**

- General psychological input across the lifespan to support to children, families and adults.
- Specialist input to adopted children, children in foster and residential care and their parents/ carers. To young adults presenting with a range of mental health needs residing in stepdown residential care. To parents with traumatic past experiences which impact on parenting processes and relationships.
- Range of presenting difficulties including depression, anxiety, self-harm, PTSD, complex trauma, attachment difficulties, personality disorders and wider difficulties associated with abuse, neglect and developmental trauma.
- Range of therapies including short-term solution focused family work, parenting advice and support, ACT, CBT, DBT skills, Dyadic Developmental Psychotherapy, EMDR (Eye Movement Desensitisation and Reprocessing) Compassion Focused and Acceptance and Commitment Therapy.

**Report writing experience:**

- In addition to caseload clinical report writing, I have compiled several psychological assessment reports that have been submitted for use in family court including care proceedings and also several commissioned via the Adoption Support Fund.

**Consultation:**

- To individual professionals within health, social services and education (e.g. mental health practitioners, social workers, placement care support workers, teaching staff).
- To groups of residential support workers within children's and step-down homes

**Provision of Training:**

- To foster carers, prospective adoptive parents, education workers and residential workers.
- Topics include child development, brain development, attachment theory, complex trauma, styles of parenting, managing challenging behaviour.

**Service Development / Leadership / Management experience:**

- Development of online programme for parents of anxious teenagers
- Development and implementation of psychological service to residential care provider and specialist treatment foster care programme.
- Consultation and support to develop and implement a new emotional health service for children and young people in care – service jointly hosted by the Local Authority and NHS.
- Line management of Assistant Psychologists. Placements and supervision to Trainee and Assistant Clinical Psychologists. Supervision to qualified Clinical Psychologists within specialist CAMHS