



Dr. Joanna North M.A., DPsych. CPsychol. CSci

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Chartered Psychologist



Registered Member 023263
MBACP (Snr Accred)



Professional Qualifications & Expertise

2016/17

WINNER of BRITISH PSYCHOLOGICAL SOCIETY 'PROFESSIONAL PRACTICE AWARD FOR DISTINGUISHED CONTRIBUTION TO PSYCHOLOGY IN PRACTICE'

Professional Qualification(s)

- CHAIR of ETHICS for the UKCP COLLEGE OF CHILDREN & YOUNG PEOPLE (current)
- VICE-CHAIR OF BRITISH PSYCHOLOGICAL SOCIETY PSYCHOTHERAPY SECTION (current)
- CHAIR OF BRITISH PSYCHOLOGICAL SOCIETY PSYCHOTHERAPY SECTION (2017 – 2019)
- TRUSTEE OF CHILD MENTAL HEALTH CHARITY BOUNCE! (2018 – 2019)
- ASSOCIATE PROFESSOR OF COUNSELLING & PSYCHOTHERAPY – Richmond University, London
- BOARD MEMBER : BRITISH PSYCHOLOGICAL SOCIETY PSYCHOTHERAPY COMMITTEE
- CARE QUALITY COMMISSION – Clinical Advisor
- CHARTERED MEMBER (Research) AND ASSOCIATE FELLOW OF BRITISH PSYCHOLOGICAL SOCIETY (Membership No. 316821)
- CHARTERED SCIENTIST – Registered through British Psychological Society (Reg. No. BPS/1181316821)
- REGISTERED TEST USER: FORENSIC – THE BRITISH PSYCHOLOGICAL SOCIETY
- DOCTORATE IN PSYCHOTHERAPY – Metanoia Institute / Middlesex University (2010)
- ADOS TRAINED BY PEARSON ASSESSMENT – Autism Diagnostic Observation Scale
- MASTERS DEGREE IN PSYCHOTHERAPY – University of Bath Spa (2006)
- SENIOR ACCREDITED MEMBER OF BRITISH ASSOCIATION OF COUNSELLING & PSYCHOTHERAPY (Membership No. 681408)
- ACCREDITED EXPERT WITNESS (Cardiff University certificate in Expert Witness Practice)
- OFSTED Registered (Adoption Support Agency) as providing an 'Outstanding Service' (2010, 2013, 2016, 2018)
- SOCIETY OF EXPERT WITNESSES. Member (2007 – 2017)
- EMDR trained Association of England and Wales. (Trauma treatment)
- CHILD ATTACHMENT (Proficient Assessor of Child Attachment Interview University College London)
- ADULT ATTACHMENT (Proficient Assessor of Adult Attachment Reflective Functioning University College)
- ADULT ATTACHMENT INTERVIEW (Trained by Mary Maine Institute)
- ADOS – Autism Diagnostic Probability Test – trained by Pearson Education

Areas of Expertise

- Assessment of Attachment Relationships: Child and Adult
- Child Protection and Safeguarding
- Parent Infant Interaction and Relationship
- Adoption and Fostering (Intermediary and Family Work)
- Assessment of children, young people and families
- Family Systems and Dynamics
- Impact of Trauma, Abuse and Neglect
- Behavioural Difficulties in Children and Young People
- Addiction and Motivational Interviewing
- Treatment Planning

Relevant Experience

I am Joanna North. I am a Psychotherapist and Chartered Researching Psychologist with twenty five years of experience in work with Children, Adults and Families. I have worked as an Expert Witness for twelve years.

I have been awarded a Doctorate in Psychotherapy by Middlesex University (2010) with a commendation, following research into attachment theory and work with children struggling with emotional and behavioural difficulties. I have a Masters Degree in Psychotherapy, as well as a Diploma in Psychotherapy entitling me to Senior Accreditation with the British Association of Counselling and Psychotherapy (membership No 681408). I am also a Chartered Researching Psychologist and an Associate Chartered Fellow member of the British Psychological Society (membership No 316821). I am a Chartered Scientist with the Science Council. I am certified by University of Bath Spa as a clinical supervisor of cases and a Bond Solon trained expert witness with full accreditation in expert witness practice from Cardiff University.

I am Clinical Director of Joanna North Associates Ltd. (Therapeutic Consultancy) and Clinical Director of Exeter Mental Health and Wellbeing Clinic where I run a weekly mental health clinic in my County Town for Children, Adults and Families. In 2014 I completed a one-year full time contract working in Mental Health Services within Child and Adolescent Mental Health Services, Devon. I have recently completed a contract as Associate Professor with Richmond, The American University, teaching theories of psychotherapy to psychology undergraduates. I have completed the British Psychological Society qualifications in Psychometric Testing with training at Cambridge University in 2014.

My Ofsted Registered Adoption Support Agency was rated as Outstanding for the fourth time in 2018, particularly in relation to outcomes for children.

I have published research validated by Middlesex University culminating in a book entitled 'How to think about caring for a child with Difficult Behaviour.' In September 2014 my second book Mindful Therapeutic Care for Children – A Guide to Reflective Practice has been published by Jessica Kingsley Publishing. My third book on parenting called 'Mind Kind' – Your Child's Mental Health' is now published in 2019 by Exisle Publishing. In 2017

I was awarded the British Psychological Society's Professional Practice Award for Distinguished Contribution to Psychology in Practice. I am currently Vice Chair of the British Psychological Society Psychotherapy Section having sat as Chair for the last two years. I am also Chair of the Ethics Committee of the United Kingdom Council for Psychotherapy Children's Section.

Qualifications, Training & Research

Date	Qualification	Institute
2019	Trustee for The Charity BOUNCE !	Providing Therapy and Education in Schools
2018	3Di Autism Assessment Training	University College London
2015	ADOS 2 – Autism Diagnostic Observation Schedule	Pearson Clinical
2014	Registered Test User : Forensic Psychometric Testing	British Psychological Society
2013	Certificate of Competence in Psychometric Testing (Test Administration Levels A and B)	University of Cambridge Psychometrics Centre
2013	Awarded Chartered Status of British Psychological Society	British Psychological Society
2012	Certificate in Interpersonal Neurobiology – The Mindful Therapist The Foundations of Interpersonal Neurobiology	Dan Siegel – The Mindsight Institute
2012	PIRAT – Parent Infant Relational Assessment Tool November 2012	Anna Freud Institute, London
2010	Doctorate in Psychotherapy (with Commendation) 'How Can We Transform the Lives of Children with Complex Behaviour'	Middlesex University
2007/ 2008	Trained in Part I, II & III of Eye Movement Desensitization and Reprocessing – EMDR	EMDR UK & Ireland
2006	Reliable Assessor in Child Attachment Interviews	UCL / Anna Freud Centre
2006	Trained in Stem Story Interviews	Anna Freud Centre
2006	Certificate in Adult Attachment Interviews (Mary Mainie)	Adult Attachment Institute
2006	Use of Parent Development Interviews	Prof. Arietta Slade – City University of New York
2005	Certificate in Advanced Cognitive Behavioural Skills	Prof. Stephen Palmer – L.C.S.M
2005	Attachment Interventions – Levels I , II , III	Dr. Dan Hughes – U.S.A
2005	Certificate in Reflective Functioning	Anna Freud Centre/UCL
2005	Trained in Child Attachment Interviews	UCL / Anna Freud Centre
2005	Cardiff University Expert Witness Certification	Bond Solon – London
2004	Masters Degree in Psychotherapy	University of Bath Spa College
2003	Diploma in Performance Coaching	Newcastle College

2002	Certified Clinical Supervisor	University of Bath Spa College
2000	Diploma in Clinical Supervision	Iron Mill Institute
1993	Accredited Psychotherapist	UK Council for Psychotherapy
1992	Diploma in Integrative Psychotherapy	UK Council for Psychotherapy

Memberships & Publications

Professional Memberships

- Chartered Member and Associate Fellow of British Psychological Society.
- Senior Accredited Member of British Association of Counselling and Psychotherapy
- Member of United Kingdom Council for Psychotherapy.
- EMDR (Eye Movement Desensitization & Reprocessing) Association UK & Ireland

Publications & Presentations

- Mind Kind Your Child's Mental Health Published by Exisle Publishing 2019
- Chapter 10 in Eddie McNamara's Motivational Interviewing
'Motivational Interviewing and Looked After Children' PMB Publications 2018
- Publication: **A Year in the NHS and why it convinced me of the value of Private Practice.**
British Association of Counselling and Private Practice – Private Practice magazine. June 2015
- Publication: **Child Exploitation: How do we make it stop.**
Children in Scotland (every child – every childhood) Issue 150. Winter 2013
- Publication: **'Mindful Therapeutic Care for Children – A Guide to Reflective Practice.**
Published by Jessica Kingsley Publishing, London September 2013
- Publication: Practice Paper – When Parents Aren't Good Enough. How do we help a child to process the fact that their parents were unable to provide good enough parenting.
'Therapy Today' for Counselling and Psychotherapy Professionals vol. 24/Issue 4 May 2013
- Publication: Thinking about Mum or Dad. How do we help a child process the fact that Mum or Dad couldn't manage to provide good-enough parenting?
British Association of Counselling and Psychotherapy (p.16 – 19) March 2013
- Publication: **'Adoption Support – What Works and Why'.**
'Children and Young People Now' Magazine August 2012
- Publication: **Working with the State as Parent. Counselling and Psychotherapy with Children on a Care Order.**
British Association of Counselling and Psychotherapy.
'Counselling Children and Young People' Magazine March 2011
- Publication: 'How to Think about Caring for a Child with Difficult Behaviour'.
Published by Watershed Publishing. Norwich January 2010
Available from Joanna North Associates ISBN 978 0 9528713-3-0
- **Certificate of Recognition from outgoing Chair of UKCP** December 2010
'In recognition of Outstanding Services to Psychotherapy within United Kingdom Council for Psychotherapy'.

- **Guest Editor of UKCP Magazine Publication** March 2009
'The Psychotherapist as an Expert Witness'
- International Journal of Psychotherapy November 2008
Parenting Today
- **Attachment – New Directions in Psychotherapy and Relational Psychoanalysis**
Applications of the Child Attachment Interview: A Practitioner-Researcher's Experience
of Working with the Measure of Attachment in Middle Childhood v.2 No.3 November 2008
- The Psychotherapist: – A Quarterly publication by United Kingdom
Council for Psychotherapy. Issue 36 Winter 2008
'Research in Psychotherapy'
- **Child Development** – A Training Programme written for CAFCASS
(Child & Family Court Advisory Service & Support) 2007
- **The Psychotherapist:** A Quarterly publication by United Kingdom Council
for Psychotherapy. Issue 31 Summer 2006
'The Uses of Control – Some Personal Reflections of a Practising Psychotherapist'.
- **Attachment, Separation & Loss Phase II** – A Training Programme
written for CAFCASS (Child & Family Court Advisory Service & Support) 2006
- The Psychotherapist: – A Quarterly publication by United Kingdom Council
for Psychotherapy. Issue 29 Winter 2005
'Ethical Issues in Psychotherapy with Disturbed Children'
- **Attachment, Separation & Loss Phase I** – A Training Programme written
for CAFCASS (Child & Family Court Advisory Service & Support) 2005
- **National Youth Advocacy Service Magazine 'Representing Children'**
A Quarterly Journal for all those concerned with the Rights and Welfare of
Children and Young People 2005
- **Yes' magazine** – I have written and had published throughout a series
of articles on Women, Lifestyle, Self Image and Food. 1999
- **The Journal of Humanistic Psychology, Self and Society**
'Working with Children: Aren't they worth it?' v.27, No1. March 1999
- **'UKCP annual conference at Churchill College, Cambridge**
I participated in the conference and presented a forum on 'Working with
Emotionally and Behaviourally Disturbed Children'. 1997

Contracts and Work History for Joanna North Associates

Current:

CHAIR OF BRITISH PSYCHOLOGICAL SOCIETY PSYCHOTHERAPY SECTION – 2017

CARE QUALITY COMMISSION – CLINICAL ADVISOR

September 2014 Contracted as Clinical Advisor inspecting Care Homes

CHILD & ADOLESCENT MENTAL HEALTH SERVICES – TORBAY, DEVON

March 2014 to April 2015 Contracted with CAMHS in Torbay as a Band 7 Psychologist & Psychotherapist.

RICHMOND UNIVERSITY – ASSOCIATE PROFESSOR & LECTURER IN COUNSELLING & PSYCHOTHERAPY

September 2013 Contracted as part-time lecturer in Counselling and Psychotherapy to students on Psychology Degree course.

ASSESSMENTS FOR THE FAMILY COURT / EXPERT WITNESS

Since 2002 I have provided assessments for Psychotherapy to the Family Court in my work as an Expert Witness. I use Family Systems Theory and Attachment Theory and Neuroscience to inform my work with families and report writing. I also provide psychotherapy sessions for adult clients, in particular those who have learning difficulties or who may not otherwise engage easily in the therapeutic process. I have completed and passed the Certificate in Expert Witness Practice with Cardiff University (Bond Solon). To date I have completed over two hundred reports for the Family Court.

PARENTING PROFILES

2008 – present Independent Associate providing Expert Witness Reports in London.

CARTER BROWN ASSOCIATES

September 2003 – 2008 Independent Associate providing Expert Witness Reports throughout U.K.

PSYCHOTHERAPIST PRIVATE PRACTICE.

1998 – present and continuing Psychotherapist working with children, adults and families in private practice. Specialist in working with Looked after Children.

ABIDE THERAPEUTIC CHILDCARE

2011 – 2013 Abide Therapeutic Childcare – A Children's Home providing therapeutic care for troubled children.

In 2013 this company was sold to Crossways Care Ltd Devon for whom I continue to work as a psychotherapist.

CAFCASS

September 2003 – 2011 National Training Provider for the government body CAFCASS 'Children and Family Court Advisory and Support Service'. This appointment brings together the two main themes of my work namely work with children in care together with family assessment and recommendations for those involved in Family Court cases, and my work as a trainer. In addition I was contracted to write the training module on 'Attachment, Separation & Loss' for Family Court Advisors. This has been rolled out nationwide from the early part of 2005 – 2011. I have also written a module for CAFCASS in Child Development 2007 – 2011.

TRAINING CONSULTANT

2006 – 2008 Training consultant to Working Links Plymouth a charity providing training and counselling to long term unemployed.

ROYAL DEVON AND EXETER HEALTH CARE TRUST

2004 I was contracted by the RDE Health Care Trust to provide therapy for a new Treatment Foster Care Service to children in Devon. For this I was required to assess in detail the child's therapeutic needs and contribute to the therapeutic care plan, working closely with Specialist Foster Parents who provide treatment placements for children with attachment and behavioural difficulties.

PSYCHOTHERAPIST – CHELFHAM MILL SCHOOL, BARNSTAPLE, DEVON.

1996 – 1998 Cognitive/Behavioural and integrative approach to psychotherapy at a residential unit for boys aged six to twelve

MENTAL HEALTH SERVICES DEVON

1995 – 1997 The Victory Centre, Exeter. Group Psychotherapy Centre Exeter for clients suffering from anxiety, depression, addiction and stress related disorders

FAMILY THERAPY CLINIC, DEPT. CLINICAL PSYCHOLOGY, WONFORD HOSPITAL, EXETER

1994 – 1997 Member of the Family Therapy Team at Family Therapy Clinic Exeter for three years applying systemic family therapy.

Consultancy Services provided by Joanna North Associates

My consultancy provides support services for organisations involved in therapeutic childcare as follows:

1. Assessments & Court Reports for Family Court.
2. Adoption Support Agency – supporting adoptive families with counselling and psychotherapy.
3. Assessments for Family Therapy and ongoing work.
4. Psychotherapy for children, and looked after children.
5. Supervision and Training for staff caring for children.
6. Advice, support, recruitment and training for child care organisations.
7. Team building for care staff.
8. Advice on specialised therapeutic care plans and implementation.
9. Assessments for psychotherapy and Individual adult psychotherapy sessions.