

CURRICULUM VITAE

Full Name Rebecca L Stevenson

Date of Birth: 29th May 1968

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Current and Most Recent Employment

I am a joint director of The St. Giles Clinic, an independent multidisciplinary psychological practice in Norwich consisting of a team of clinical psychologists, psychotherapists and counsellors. I am a BABCP accredited Cognitive Behaviour Therapist primarily working with adults experiencing a variety of psychological problems including depression, anxiety, PTSD, panic disorder and OCD. I am also professionally trained to use EMDR.

From 2001 to mid 2004 I held a Cognitive Behaviour Therapy post initially with Breckland NHS Primary Care Group which then became the Southern Norfolk Primary Care NHS Trust. This role consisted of setting up a brand new dedicated NHS CBT service within primary care as well as clinical, strategic and research duties. That service was subsequently rolled out and expanded across the county.

Prior to this I was employed as a counsellor at The Mancroft Advice Project (MAP) in Norwich, working with young people aged 11–25.

<i>Relevant Qualifications</i>	<i>Year</i>	<i>Institution</i>
EMDR Part 1 & 2	2011	Alexandra Richman EMDR Training UK
Postgraduate Diploma in Cognitive Behavioural Therapy	2002	The University of East Anglia
Graduate Diploma In Counselling	2000	The University of East Anglia
Certificate in Counselling & Psychotherapy	1999	Regents College, London
BA (Hons) European Business & Languages	1989	University of Central Lancashire

Relevant Experience

Cognitive Behaviour Therapist & Co-Director	2003–present	St Giles Clinic Norwich
Cognitive Behaviour Therapist	2001–2004	Breckland PCG/ Southern Norfolk PCT
Trainee Cognitive Behaviour Therapist	2000–2001	Addenbrookes NHS Hospital
Counsellor	1999–2001	MAP, Norwich