

Dr. Maria-Teresa Martinez-Cengotitabengoa

B.Sc, D.ClinPsy. AFBPsS
Consultant Clinical Psychologist

Address: The Psychology Clinic of East Anglia Ltd
68 Bishopgate, Norwich, Norfolk, NR1 4AA
Tel: 01603 610059
Email: admin@pcea.co.uk

Qualifications: Degree in Psychology and Doctor in Clinical Psychology,
(Clin.Psy.Doc.)

Professional bodies: Associate Fellow of the British Psychological Society (0809736).

Member of the Faculty for Children and Young People, Division of
Clinical Psychology and Faculty of Learning Difficulties

Registered Practitioner Psychologist of the Health and Care Professions
Council (PYL1859)

Areas of Expertise

Assessment, Formulation and Treatment of Psychological Difficulties

I have extensive experience in the assessment and treatment of complex psychological difficulties with both children and adults, including mood disorders, anxiety problems, psychotic symptomatology, addictions, personality difficulties, childhood trauma (including abuse and bereavement), sexual abuse, neglect and domestic violence. I have particular interest and expertise in working with parents and children who present with complex difficulties and child protection issues.

I also specialise in the treatment of attachment difficulties, severe mental health problems including Bipolar Disorder and Psychosis, Depression and Anxiety disorders, Learning Difficulties and Autistic Spectrum Disorders. I have experience providing assessment and psychological therapy in different settings such as Child and Adolescent services, Adult Mental Health (both inpatient and outpatient, Older Adults services, Alcohol and Drugs services and Learning Difficulties services (in community and forensic units).

Assessment and Treatment of Complex Family Psychological Difficulties

I work as the Clinical Director of The Psychology Clinic of East Anglia, where I practice as a Clinical Psychologist and Clinical Supervisor of a Group of experienced Clinical and Counselling Psychologists. I have extensive experience in conducting psychological assessments of both children and parents to inform the court about the abilities of parents, family dynamics and psychological deficits in young people and children. This includes the assessment and treatment of mental health problems such as depression, anxiety difficulties, Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Social Phobia, General Phobias, psychotic processes, bipolar disorders, Post-traumatic Stress Disorder, Dissociative Disorders, Panic Disorders, attachment disorders and child protection/neglect and abuse issues. I also have extensive experience in the assessment of Learning Difficulties, Developmental Disorders, including Autistic Spectrum Disorders, and in the assessment and treatment of difficulties associated with domestic violence, sexual and emotional abuse and neglect. Furthermore, I can advise on the long term Psychological effects of trauma, on assessment and intervention for attachment problems and related difficulties and on issues of contact both in the context of adoption and fostering.

Learning Difficulties

I was previously the Senior Clinical Psychologist in South Norfolk for the Learning Difficulties team. My responsibilities comprised the supervision of psychological input research management, as well as having my own therapeutic responsibilities in both individual and group settings. My therapeutic responsibilities included working with individuals as well as families in need.

Attachment Difficulties

I have completed specific training in the assessment of attachment styles, difficulties and the attunement between carers and children. This includes training using Care Index for the assessment of babies and young children as well as Stem Stories for the assessment of children. I have also completed training in administering and interpreting the Adult Attachment Interview.

Developmental Disorders

I have specific training in the diagnosis of Autistic Spectrum Disorders including Asperger Syndrome. I have extensive experience in the provision of advice on support and management of autism related difficulties, socio-communication difficulties and developmental disorders. As Senior Clinical Psychologist for the South Norfolk Learning Disabilities Team I acquired many years experience working with the most complex cases of Autism and Asperger Syndrome.

Mental Capacity

I have specific training and experience in the assessment of issues of mental capacity, both with regards to issues of disability (congenital or acquired), psychological problems and

mental health difficulties. I have conducted such assessments for the courts and given evidence in cross examination on many occasions.

Work Experience

Current Employment

i. Clinical Director of the Psychology Clinic of East Anglia

2007- Present I work as a Consultant Clinical Psychologist, specialising in working with parents and children who present with complex difficulties and child protection issues. I have prepared hundreds reports on the assessment of parenting and children for the Courts in Norfolk, Suffolk, Cambridgeshire, Essex, Bedfordshire, Hertfordshire, Northamptonshire and beyond. I supervise the work of Consultants working for the Psychology Clinic of East Anglia. I provide therapeutic input to individuals and families in needs using a range of theoretical models.

At the Psychology Clinic of East Anglia, we are actively involved several research projects in collaboration with other organisations and I supervise our assistant and research psychologists who conduct research activities for us.

ii. Senior Clinical Psychologist, Norwich Primary Care Trust (8b)

2001 – April 2013 Senior Clinical Psychologist for the Learning Difficulties Services in South Norfolk. I headed the service for 12 years, provide therapeutic interventions as well as I offer consultancy and supervisory services to clinical psychologists, counselling psychologists, assistant psychologist and challenging behaviour nurses. My post involved regular training of clinical psychologists and a direct role in service development across an integrated team of social workers and health professionals.

iii. Clinical Research

2001 – 2015

Research areas include:

- Dual diagnosis issues in people with mental health problems and a learning difficulty.
- Type 1 Diabetes Cognitive dysfunction: the effects of diabetes in pregnancy on the cognitive development of the offspring.
- Mindfulness meditation in the treatment of anxiety disorders both in people with and without learning difficulties.
- Applications of the Cognitive Behavioural model in the treatment of anxiety disorders.
- Trauma and attachment models.
- Therapeutic outcomes for parents in care proceedings

iv. Honorary Lecturer in Clinical Psychology, University of East Anglia

2001– 2017: I held an Honorary Lectureship post at the University of East Anglia.

v. Honorary Senior Clinical Psychologist, NHS

April 2013 - 2015

Previous Employment

Clinical Psychologist in training. Life Span Trust, NHS, University of East Anglia

1998-2001 Doctorate training in Clinical Psychology (Distinction).

Assistant Psychologist

- 1996-1998 Learning Disabilities Psychology Department. Little Plumstead Hospital, Norwich.
- 1995-1996. Adult Mental Health. EAR Ltd., Brunel Science Park, Uxbridge, London.

Counsellor

- 1993-1995. Counsellor at the Norwich Women's Centre.
- 1994-1995. Counsellor and Outreach Worker at the Drugs and Alcohol Centre, Ferry Cross, Norwich.

Education

- **PTSD Master Class** London 2015
- **The Meaning of the Child Training** Norwich 2015
- **Assessment of Adult attachment.** Norwich 2013
- **Stem Story Training.** Norwich 2011.
- **HCR-20 Training.** London 2011.
- **Care Index Training (babies and toddlers).** Portsmouth 2009.
- **Training for the Diagnostic Assessment for Autistic Spectrum Disorders.** London 2005.
- **Doctorate in Clinical Psychology, University of East Anglia (Clin.Psy.Doc)**
1998 – September 2001 Thesis: Mindfulness, Metacognition and the treatment of anxiety disorders- Single case studies (Distinction)
- **Degree in Clinical Psychology (BSc equivalent)**
1990-1995, UNED, Madrid, Spain

- **Music Degree**

1985-1990, Vitoria, Spain.

Publications

- Martinez-Cengotitabengoa, M.T., Roper, L., & Wilkins, A. (2003). Mindfulness and the treatment of anxiety in people with Learning Difficulties – single case study. *Clinical Psychology and People with Learning Difficulties. BPS DCP Faculty for Learning Difficulties*, Issue, 4, 11-15.
- Martinez-Cengotitabengoa, M.T., Budd, B. (2005). Mental Health Problems in People with Learning Difficulties. *Meeting of Minds Conference*. Ireland.
- Temple, R.C., Hardiman, M., Martinez, M., Pellegrini, M. (2008) *Cognitive Function in 6 to 12 year old offspring of women with type 1 diabetes*. Session presented at the annual conference of the Diabetic Pregnancy Study Group, Croatia.
- Temple, R.C., Hardiman, M., Martinez, M., Pellegrini, M. (2008) *Cognitive Function in 6 to 12 year old offspring of women with type 1 diabetes*. Poster presented at the annual conference of the European Association for the Study of Diabetes, Rome.
- Martinez-Cengotitabengoa, M.T., Hardiman, M. (2009). Comparing the DBT research base with service provision for individuals with mild learning difficulty. Presentation at DBT Implementation Conference, Manchester. * Presentation not delivered due to illness.

- Temple, R.C., Hardiman, M., Martinez-Cengotitabengoa, M.T., Alloway, T.P. (2010). Working memory of offspring of women with type 1 diabetes. *Diabetic Medicine*, 27 (Suppl. 1) 167.
- Temple, R.C., Hardiman, M., Martinez, M., Pellegrini, M., Horrocks, L. (2010). Cognitive Function in 6 to 12 year old offspring of women with type 1 diabetes. *Diabetic Medicine*.
- Hardiman, M., Temple, R.C., Martinez-Cengotitabengoa, M.T., Alloway, T.P. (2010). Working memory of offspring of parents with type 1 diabetes. *Hot topic presentation at Diabetes in Pregnancy Study Group Scientific Meeting, Warsaw*.
- Martinez-Cengotitabengoa, M.T., Hardiman, M., Beardsley, E. (2010). Comparing the DBT research base with service provision for individuals with mild learning difficulty. *Presentation at DBT Implementation Conference, Northampton*.
- Temple, R.C., Hardiman, M., Martinez-Cengotitabengoa, M.T., Alloway, T.P., (2010). Working memory of offspring of women with type 1 diabetes. *Diabetic Medicine*, 27 (Suppl. 1) 167.
- Hardiman, M., Temple, R.C., Martinez-Cengotitabengoa, M.T., Alloway, T.P. (2010). Working memory of offspring of parents with type 1 diabetes. *Presentation at*

Psychosocial Aspects of Diabetes European Study Group Scientific Meeting, Cambridge. *Conference Postponed.

- Temple, R.C., Hardiman, M., Pellegrini, M., Horrocks, L., Martinez-Cengotitabengoa, M.T (2011). Working memory of offspring of parents with type 1 diabetes. *Education and Psychological Aspects Cognitive function in 6- to 12—year-old offspring of women with type 1 diabetes*. Norwich
- Martinez-Cengotitabengoa, M.T., Evans, C., Green, D., Smith, R.J., Beardsley, E.R., Moore. (2011). Can Dialectical Behaviour Therapy be an effective treatment for People with Learning Disabilities? Delivering Effective DBT Conference, Wrexham.
- Martinez-Cengotitabengoa, M., Fernandez, M., Ugarte, A., Martinez-Cengotitabengoa, M.T., Gonzalez-Pinto, A. (2012) Neurotrofinas e Inflamación en Trastornos Afectivos. *Psiquiatría y Ambiente*.
- Martinez-Cengotitabengoa, M., Martinez-Cengotitabengoa, M.T., Gonzalez-Pinto, A. (2014) Inflamación y Esquizofrenia. *Innovación y Psiquiatría..*
- Inflamación y esquizofrenia. M. Martínez-Cengotitabengoa, MT Martínez-Cengotitabengoa, A. González-Pinto. En: *Innovación y Psiquiatría*. J. Ezcurra. Psiquiatría.com. Palma de Mallorca, 2014. Pag: 93-114. ISBN: 978-84-941401-1-2
- Neurotrofinas e inflamación en trastornos afectivos. M. Martínez-Cengotitabengoa, M. Fernández, A. Ugarte, MT Martínez-Cengotitabengoa, A. González-Pinto. En:

Psiquiatría y ambiente. M. Gutiérrez. Psiquiatría.com. Palma de Mallorca, 2014.
ISBN: 978-84-941401-0-5

- Relationship between the use of benzodiazepines and falls in older adults: A systematic review. Díaz-Gutiérrez MJ, Martínez-Cengotitabengoa M, Sáez de Adana E, Cano AI, Martínez-Cengotitabengoa MT, Besga A, Segarra R, González-Pinto A. *Maturitas*. 2017 Jul;101:17-22. doi: 10.1016/j.maturitas.2017.04.002. Epub 2017 Apr 5. Review. PMID: 28539164
- Diaz-Gutierrez MJ, Martinez-Cengotitabengoa M, Bermudes-Ampudia C, Garcia S, Lopez P, Martinez-Cengotitabengoa MT, Besga A, Gonzalez-Pinto A. Overdosing of Benzodiazepines/Z-Drugs and Falls in Older Adults: Costs For The Health System. Presented at 27th European Congress of Psychiatry, 6-9 April 2019, Warsaw, Poland.
- Martinez-Cengotitabengoa, M. T. Jose Diaz-Gutierrez, M. Peters-Corbett, A. Martinez-Cengotitabengoa, M. (2019) Pregnancy Depression from a Gender Perspective in Saenz-Herrero, M. (Ed.) *Psychopathology in Women* (2nd Edition) (pp.533-554) Switzerland, Springer.