

Biography – Guest lecture speaker



Professor Rebecca Gould PhD, DClínPsy

Rebecca Gould, PhD, DClínPsy, is a Professor of Psychological Therapies in the Division of Psychiatry at University College London and an Honorary Clinical Psychologist in Camden and Islington NHS Foundation Trust.

Her main research interests are in developing and evaluating psychological interventions, particularly third-wave therapies such as Acceptance and Commitment Therapy (ACT) and mindfulness-based interventions, for people living with and affected by physical and mental health conditions.

Rebecca was chief investigator on a recent clinical trial examining the clinical and cost-effectiveness of ACT for improving quality of life in comparison to multidisciplinary usual care for people living with motor neuron disease. She was also involved in the development of an online ACT intervention for caregivers of people living with dementia, which is currently being evaluated in a clinical trial.

Rebecca is currently leading on a clinical trial of ACT for older people with treatment-resistant generalised anxiety disorder, as well as leading on the development of an ACT intervention for people living with Parkinson's disease and anxiety.

