

BERTA PERMUY ARÉCHAGA

Licensed Health Psychologist (Registration No. BIO3540)

Child & Adolescent Mental Health · Trauma · ADHD · Autism Spectrum Disorder (ASD) · Emotional Regulation · Occupational Stress

Berta Psychologist

*Take care of yourself so you
can care for others*

Getxo · Online · Spanish/English

CONTACT

- Getxo (Bizkaia)
- Online

 bertapermuy.psicologa@gmail.com

 www.bertapermuy.com

 WhatsApp: 683 70 34 23

 LinkedIn: bertapermuyarechaga

LANGUAGES

- Spanish — Native
- English — CAE
- Basque — B1
- French — B1 (DELF)
- Galician — Advanced

THERAPEUTIC APPROACH

- Integrative
- Dialectical Behaviour Therapy (DBT)
- Systemic
- Cognitive Behavioural Therapy (CBT)
- Humanistic
- Patient-centred

AREAS OF EXPERTISE

- Trauma & Complex Trauma
- Child & Adolescent Psychology
- ADHD
- Autism Spectrum Disorder (ASD)
- Attachment
- Emotional Regulation
- Behavioural Difficulties
- Occupational Stress & Burnout
- Psychological Assessment
- Clinical Reports
- School-Family-Mental Health Coordination

QR WEB



PROFESSIONAL PROFILE

Licensed Health Psychologist (Registration No. BIO3540) with more than 20 years of experience in psychological assessment, psychotherapy, clinical intervention, interdisciplinary collaboration and the development of clinical and psychoeducational programmes.

Specialised in child and adolescent mental health, trauma, ADHD, Autism Spectrum Disorder (ASD), emotional regulation, family reunification and occupational stress.

I work from an integrative, evidence-based and patient-centred approach, combining clinical practice, coordination with families and schools, clinical reporting, training and support for highly complex cases.

PROFESSIONAL EXPERIENCE

Health Psychologist | Private Practice - (Present)

Psychological assessment, Individual psychotherapy, Clinical reports, Coordination with families, schools, social services and mental health teams, Online therapy in Spanish and English

OSATUZ Programme | Clinical Intervention in Educational Settings

Psychological intervention with students, families and teaching staff. Trauma, ADHD, ASD, emotional dysregulation, behavioural difficulties, social vulnerability and educational transitions. Coordination with Berritzegune, Mental Health Services, Social Services and Educational Inspection

Psychotechnical Assessment Psychologist | Santyana - (2022)

Psychological fitness assessments for driving licences, firearms licences and licences for potentially dangerous animals.

Adult Psychotherapist | Mi Psicólogo Barakaldo · AVIFES (2018)

Individual and group psychotherapy, Emotional regulation, Anxiety and stress management, Psychological support, Therapeutic workshops

Psychologist for Older Adults | Kuida · Zurbaranbarri Nursing Home · Hartford (2017 - 2022)

Cognitive stimulation, Functional assessment, MMSE-30 administration, Individual Care Plan (ICP) development, Psychological support in residential care settings

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EXPERIENCIA PROFESIONAL DESTACADA

Media Collaborator (Child Psychology) | Radio Euskadi (2016 - 2018)

Regular contributor on topics related to child and adolescent psychology.

Child & Adolescent Psychologist / Early Intervention | Zubikoa · Ezra · APNABI · CTE Ortuella · CSM Derio · CSM Algorta - (2008-2024)

Psychological assessment and diagnosis, Play therapy, Individual psychotherapy, Family interviews, Therapeutic groups, Intervention in learning difficulties and Autism Spectrum Disorder

Recruitment Consultant | Humangroup - (2008)

Research & Neuropsychology | BIOEF · University of Richmond · The Mill House (USA) - (2006 - 2012)

Research into the prevention of major depression in Primary Care and cognitive neuropsychology. Intervention with acquired brain injury.

Neuropsychologist | The Mill House (USA) - (2006)

EDUCATION

Bachelor's Degree in Psychology

University of Deusto & University of Richmond

Master's Degree in Mental Health and Psychological Therapies

University of Deusto

Master's Degree in Early Intervention

Psicolan

Teaching Qualification (CAP)

University of Deusto

Health Practice Authorisation

**Additional training in Early Intervention, Neuropsychology,
Trauma, ADHD, Autism Spectrum Disorder (ASD), Emotional
Regulation**

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TRAINING, OUTREACH & PROFESSIONAL DEVELOPMENT

FOCAD Training Programme

Emergency Psychology in Adolescent Suicidal Behaviour.

Child Forensic Interview – Official College of Psychologists (COP)

NICHD Protocol, Cognitive Interview, NCAC, Pre-recorded Evidence Procedures

Official College of Psychologists (COP) Courses

Sleep, Trauma, Emotional Regulation, Autism Spectrum Disorder, ADHD, Family Intervention.

Workshops

Design and delivery of workshops for families, teachers and healthcare professionals.

Clinical Resources & Psychoeducational Materials

Development of clinical, psychoeducational and educational materials for intervention, prevention and mental health awareness.

Risk Prevention and Substance Misuse

Early Intervention Diploma

Business Management