

## **Biography**

I am an experienced psychotherapist working in an integrated way with adults who are experiencing with emotional and psychological distress. This may be linked with current problems or more longstanding difficulty originating in childhood experiences of loss, abandonment, abuse and neglect. My core professional training within the NHS was as an Occupational Therapist (OT). I subsequently trained as a Cognitive Behavioural Psychotherapist (CBT) and more recently in Compassion Focused Therapy (CFT), EMDR (Eye Movement Desensitisation and Reprocessing) and DDP (Dyadic Developmental Psychotherapy). I worked in the NHS for over 10 years in a number of settings including forensic services, primary care psychotherapy and the specialist veteran's trauma services. My last NHS post was as a Senior Psychological Therapist in a specialist pilot service within the local authority working with systems around children in the care of the local authority providing consultation, formulation, and training. I now work exclusively in private practice online and from private clinic spaces in Newcastle upon Tyne.

## **Training**

- 2025 **Dyadic Developmental Psychotherapy (DDP) Level 2 training**, DDP Network, 4-days
- 2024 **Creativity in Compassion Focused Therapy Supervision** with Paul Gilbert and colleagues, The Compassionate Mind Foundation, 4.5 days
- 2023 **Dyadic Developmental Psychotherapy (DDP) Level 1 training**, DDP Network, 4-days
- 2023 **Attachment Focused EMDR (Eye Movement, Desensitisation and Reprocessing)** with Laurel Parnell, PESI, 3-days
- 2022 **EMDR Basic Training** EMDR Masterclass, 7-days
- 2021 **Transforming the Living Legacy of Trauma** with Janina Fisher, PCPSI, 3-days
- 2021 **A Year of Polyvagal** with Deb Dana, 12 days over 1-year
- 2021 **Compassion Focused Therapy (CFT), Advanced Clinical Skills – Level 2**, with Paul Gilbert, Compassionate Mind Foundation, 3-days
- 2020 **Compassion Focused Therapy, Introduction to Theory and Practice – Level 1**, Compassionate Mind Foundation, 3-days

## **Continuing Professional Development**

- 2024 **Resparking: working courageously with trauma and neglect** with Graham Music, Brighton Therapy Partnership
- 2024 **Working with EMDR and Dissociative Parts: Optimal Integration of Parts Models** with Mary Clare de Echevarria, EMDR UK
- 2024 **Working with Survivors of Child Sexual Abuse** with Christiane Sanderson, Brighton Therapy Partnership
- 2023 **EMDR and Creative Arts Practice**, EMDR UK
- 2023 **Polyvagal Theory & EMDR Through the 8 Phases** with Rebecca Case, EMDR UK
- 2020 **Polyvagal Theory: Therapeutic Presence and The Relational Space Between Us** with Tony Buckley, Brighton Therapy Partnership
- 2020 **Compassion Focused Therapy Chairwork Workshop**, Compassionate Mind Foundation, 2-days
- 2019 **CBT for Binge Eating** BABCP
- 2019 **CBASP: Treatment for Persistent Depression** BABCP
- 2018 **Working with Survivors of Childhood Sexual Abuse** with Kevin Meares, INSPIRE

- 2018      **Gender Dysphoria Awareness**, Northumbria University
- 2018      **One Session Treatment (OST) for Specific Phobia** ASPECT research project, Leeds University

## Education

- 2018      **Cognitive Behavioural Psychotherapy** Teesside University, PGDip, pass with distinction
- 2014      **Occupational Therapy** Northumbria University, BSc (Hons), pass with first class honours
- 2011      **Discovering Psychology** Open University, pass with distinction
- 2005      **Fine Art** Northumbria University, BA (Hons), pass with first class honours
- 2002      **Art and Design** Newcastle College, Foundation Diploma, pass with distinction

## Employment

- 2023      **Senior Psychological Therapist** Trusting Hands, Integrated Trauma Informed Team, Gateshead Council, Cumbria, Northumberland, Tyne and Wear (CNTW)
- 2022 – 2023      **Psychological Therapist** Veterans Complex Treatment Service (CTS), Leeds and York Partnership Foundation Trust
- 2019 – 2022      **High Intensity Therapist** North Tyneside Talking Therapies, Northumbria Healthcare NHS Foundation Trust
- 2018 – 2019      **Psychological Therapist** Newcastle/Gateshead Children and Young People's Service (CYPS), CNTW
- 2017 – 2018      **Trainee Cognitive Behavioural Psychotherapist** Sunderland Primary Care Talking Therapy Service, CNTW
- 2015 – 2017      **Occupational Therapist** Forensic Services, Locked Rehabilitation Unit, CNTW
- 2014 – 2015      **Occupational Therapist** CYPS, CNTW
- 2005 – 2011      **Artist and Events Organiser** Freelance, Self Employed
- 2004 – 2005      **Graduate Teaching Fellow** Fine Art Department, Northumbria University

## Statutory Training

- 2023      Safeguarding Children Level 1 and 2, CNTW
- 2023      Safeguarding Vulnerable Adults Level 1 and 2, CNTW
- 2023      Prevent (Radicalisation) Training, CNTW
- 2023      Mental Health Act Update, CNTW
- 2023      Equality and Diversity, CNTW

## Professional Memberships

Fully Accredited Cognitive Behavioural Psychotherapist, British Association of Cognitive and Behavioural Psychotherapists (BABCP), Membership Number: 170633

Registered Occupational Therapist, Health and Care Professions Council (HCPC), Membership Number: OT70311

Registered Professional Member, Royal College of Occupational Therapists, Membership Number: BT080942