Natalie Dean, BA (Hons), PGDip, MSc RN(MH)

Cognitive Behavioural Therapist & Registered Mental Health Nurse

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PERSONAL PROFILE

I am a highly skilled and compassionate Cognitive Behavioral Therapist and Senior Clinical Nurse with over 15 years of diverse experience, spanning roles in the police force, prison service, and community mental health nursing. My passion and main focus is Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation Reprocessing (EMDR), where I specialise in treating psychological trauma and anxiety disorders. This includes extensive experience working with conditions such as Post-Traumatic Stress Disorder (PTSD) following lifechanging events and injuries, for which Trauma-Focused Cognitive Behavioural Therapy (TF-CBT) is the NICE recommended first line treatment, and has a strong evidence base for effectiveness. I also routinely work clinically with Panic Disorder, Generalised Anxiety Disorder (GAD), Health Anxiety, Obsessive-Compulsive Disorder (OCD), and Social Anxiety.

My approach is deeply person-centred, emphasizing compassion, empathy, and a warm therapeutic relationship. I believe that effective mental health treatment begins with understanding each client's unique experience and needs. My private practice allows me to deliver highly personalised care, drawing on my experience and deep understanding of CBT and EMDR. I am committed to staying current with the latest research and best practices, regularly engaging in professional development to ensure that my clients receive the most effective treatment available.

During my time in the police force and prison services, I developed a robust understanding of the complex interplay between mental health, substance misuse, and contact with the criminal justice system. This experience shaped my ability to work effectively with individuals facing significant challenges, using a holistic approach to support recovery and stability. Transitioning to community mental health nursing expanded my expertise, allowing me to work with a broad range of clients dealing with severe and chronic mental health conditions. My role included direct patient care, crisis intervention, and the coordination of multidisciplinary teams to provide comprehensive support. This experience enhanced my skills in risk assessment and the development of tailored multidisciplinary care plans, ensuring that each client received the support they needed. In addition to my current clinical work in CBT and EMDR, I am passionate about teaching and have extensive experience educating medical students about psychiatry with a special interest in teaching CBT. I find great fulfilment in mentoring future mental health professionals, helping them to develop the skills and knowledge required to excel in their careers. My teaching style is interactive, focusing on experiential learning and critical thinking alongside a lived experience programme, for which I am clinical lead.

EMPLOYMENT

Cognitive Behavioural Therapist & Registered Mental Health Nurse
Associate, Rowley Clinical Neuropsychology Services Ltd (Jun 2024 – Present)

Cognitive Behavioural Therapist
Dean CBT Services – private practice (Jan 2024 – Present)

Senior Clinical Nurse Educator and Lived Experience Clinical Lead
Derbyshire NHS Foundation Trust (Oct 2021 – Present)

Cognitive Behavioural Therapist
Insight IAPT (Sept 2020 – May 2022)

Community Psychiatric Nurse (Adult and Older Adult)

Derbyshire NHS Foundation Trust (Jan 2019 – Sept 2020)

Drug and Alcohol Dual Diagnosis Lead Practitioner

Nottinghamshire Healthcare NHS Foundation Trust – HMP Nottingham (Sept 2009 – Mar 2017)

Police Special Constable

Nottinghamshire Police (Mar 2007 – Sept 2009)

EDUCATION

Medical Education Post Graduate Certificate, University of Nottingham (Enrolled Sept 2024)
Post Graduate Diploma in Cognitive Behavioural Therapy with Merit, University of Nottingham (Sept 2020- Dec 2021)
Master of Science in Nursing (Graduate Entry Nursing - Mental Health with Merit), University of Nottingham (Jan 2017 - July 2019)
BA(Hons) in Human Services Specialising in Criminal Justice 2:1, Nottingham Trent University (Sept 2006 – July 2009)

RESEARCH PUBLICATIONS & PRESENTATIONS

The Expert Patient Clinic: a psychiatric educational activity to improve experience in community mental health care – pending peer review.

PROFESSIONAL REGISTRATIONS

Cognitive Behavioural Therapist of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) registered (Registration number: 00001002601)
Registered Mental Health Nurse of the Nursing and Midwifery Council (Registration number: 19A1043E)
Accredited member of Federation of Drug and Alcohol Professionals (FDAP), since 2010

FURTHER TRAINING

EMDR Basic Training, EMDR Europe, 2025
Public Health Leadership Course, Royal College Psychiatry, 2025
Data Protection and Information Governance, 2024
Becoming an Expert Educator in The Healthcare Professions, 2024
Post-Traumatic Stress Disorder (PTSD) in the Global Context, 2024
Safeguarding adults and children, 2023
Basic Life Support, 2023

REFERENCES

Available on request