

Dr Olga Preston

Chartered Psychologist, DcPsych, AFBPsS

Registered Supervisor of Applied Psychology Practice

QUALIFICATIONS:

- Doctorate in Counselling Psychology and Psychotherapy
- MSc in Clinical Psychiatry
- MSc in Forensic Mental Health
- PGDip in Clinical Sexology
- BSc in Psychology

WORK EXPERIENCE:

- March 2025 – ongoing

Independent practitioner providing assessment and one-to-one therapy to adults across a range of emotional, behavioural and health issues, couples therapy, as well as clinical supervision;

- September 2023 – February 2025

National Hospital for Neurology and Neurosurgery, University College London: psychologist working within a multi-disciplinary pain management team conducting assessments, delivering one-to-one and group therapy and psychoeducation;

- April 2019 – September 2023

The Private Therapy Clinic, London, independent psychologist providing one-to-one therapy across a range of mental health conditions, including to corporate clients, and couples therapy;

- January 2018 - February 2020

Centre for Research in Social and Psychological Transformation, University of Roehampton, London: therapist providing psychotherapy in a community-based mental health centre;

- February - June 2016

HM Prison Service Wandsworth, London: member of the psychiatric in-reach team, working within the IAPT service.

PROFESSIONAL TRAINING:

1) Therapeutic modalities and skills:

- Master Practitioner Diploma in Cognitive Behavioural Therapy
- EMDR
- Acceptance and Commitment Therapy
- Intensive Short-Term Dynamic Therapy
- Practitioner Diploma in Ericksonian Hypnosis

2) Clinical issues:

- Certificate of Psychological Assessment
- Certificate in Traumatic Stress Studies
- Psychological Trauma: Neuroscience, Embodiment, and the Restoration of the Self
- Identifying Early Signs of Psychosis
- Essentials of Palliative Care
- Supporting Families and Caregivers
- Cancer Survivorship

- Death, Dying and Grief
- Clinical Sexology
- Pain Management

PROFESSIONAL MEMBERSHIP:

- HCPC
- BPS
- BACP