

DR KATE RYAN

COUNSELLING PSYCHOLOGIST

WORK HISTORY: COUNSELLING

**Private Therapy Clinic
Ongoing**

October 2023 –

- One to one weekly therapeutic interventions with both long term and short term clients.
- Age range from 13- 60 years
- Supervisee trainee psychologists

**A Place to Heal (Freelance private practice)
Ongoing**

August 2019 –

- One to one weekly therapeutic interventions with both long term and short term clients.
- Age range from 13- 60 years
- Work on intensive bespoke interventions: for example, intensive one week programmes with sessions lasting up to 3 hours, along with other interventions from the Place to Heal team.

**Merton Uplift (IAPT primary care setting)
2020**

September 2019 – February

- Role: Cognitive behavioural therapist
- Outcome measures (CORE/ PHQ/ GAD/)
- Doctor letters/ discharge and referral
- CBT supervision with a Clinical psychologist

- Broad range of presenting difficulties
- Average of 8 clients seen per day.

**Brocklebank Group Practice (NHS primary care setting)
September 2017**

November 2016 –

- Outcome measures (CORE/ PHQ/ GAD/ WAI)
- Doctor letters/ discharge and referral
- Interpersonal psychodynamic supervision
- Broad range of presenting difficulties

**Recovery Day Programme CNWL (NHS)
2018**

October 2015 – February

- Alcohol and drug addiction service based in North London.
- Role includes providing both short and long term counselling (averaging 12 sessions) to service users presenting with a range of concerns, namely substance misuse, trauma, bereavement and PTSD as well as record keeping & administration.
- Couples therapy adopting the behavioural couple's therapy (BCT) approach.
- Facilitate bereavement groups/ ACT group and CBT based/ psycho-education group work.
- Attending weekly MDT meetings.
- Opportunity to conduct client assessments.
- Fortnightly supervision with a consultant clinical psychologist.

Regents University London

February 2014 – June 2016

- Student counsellor at the **Regents Therapy Service**.
- Role includes providing both short and long term counselling (averaging 12 sessions) to students presenting with a range of concerns, record keeping & administration.

- Attending weekly supervision with a chartered counselling psychologist with an integrative theoretical orientation.
- Opportunity for CPD with a variety of training days, e.g., focused on ‘endings’ and ‘assessments’.

Charter Harley Street, London

January - July 2014

- Clinical placement at an outpatient addictions and eating disorders treatment center.
- Attending and contributing towards group therapy sessions.
- Writing up client notes from group sessions for senior therapists.
- Writing client referral letters.
- Administering drug and alcohol tests.

Safe Harbor Treatment Centre, California, US

September- November 2010

- Voluntary work at an in-patient addictions treatment center for women.
- Assisting with the daily running of the facility.
- Administering drug and alcohol tests.

INTERNSHIPS:

The Arcadia Group Topman Marketing **January – June 2011**

The Bendon Group Marketing Intern **September - November 2009**

Harrods Bridal Registry Department **May – July 2009**

Sotheby’s Auction House Jewelry Department **October - December 2008**

Transferable skills acquired: Teams/ planning/ organisational/ administrative

EDUCATION:

Regents University, London

Dpsych in Counselling Psychology **2014 – 2019**

Foundation course in Psychotherapy and Counselling **2012 - 2013**

BSc Psychology (Hons) 1st class grade **2011 – 2014**

*Winner of the academic achievement award (**valedictorian**)

COMPUTER SKILLS: Microsoft Office, Word, PowerPoint, Publisher, Excel, JADE and SPSS

CONFERENCE AND RESEARCH:

- I presented my doctoral research in a symposium at the Counselling Psychology Conference 2016 and a poster in 2017.
- Presentation on dialectical behavioural therapy (DBT).
- Presented a day workshop on group therapy.
- I attend regular academic workshops, particularly in research methods.
- Attending psychotherapy conferences, including UKESAD.
- Acceptance and Commitment Therapy Experiential Introduction Workshop.
- Thesis on adolescent body image development in the context of social media.

ACTIVITIES:

- Voluntary work for charities, including a school for children with disabilities and an elderly persons' home.
- I volunteer weekly at a soup kitchen in Marylebone.
- Winner of the academic achievement award for my Psychology BSc undergraduate degree.
- Assisting with the re-design of the Regents therapy suits.

PERSONAL:

My therapeutic style is integrative and I draw on different theoretical approaches to enrich therapeutic practice, dependent on and in collaboration with client needs and presenting issues. I see the therapeutic relationship itself as key to promoting positive client outcomes and as such I work in a relational style.

I have a particular interest in addiction and process addiction, including substance misuse and eating disorders. Furthermore, I have had experience working with young people, trauma, anxiety, depression, self-harm, bi-polar disorder, borderline personality disorder and OCD.

I have attended personal therapy for fifteen years, which is ongoing and I attend fortnightly supervision with a counselling psychologist adopting an integrative perspective.

I am a member of the British Psychological Society (BPS) and I am HCPC accredited.

References available upon request.