

HAZEL HAWLEY

9 Padley Road, Lincoln, Lincolnshire LN2 4WB M: 07903 464363 E: hazel@my-head-space.co.uk

Summary

I am a Cognitive Behavioural Psychotherapist, Eye Movement Desensitisation and Reprocessing Therapist (EMDR) and Clinical Supervisor working part time in the NHS. I also have my own part time private practice (My Head Space). I am accredited with the lead organisation and Professional Body BABCP. I have extensive experience within Mental Health Services spanning 18 years. My Professional background is Mental Health Nursing, working in Acute In-Patient Psychiatric Care, Community setting, G.P. Practices and Clinics.

I have been working as a CBT therapist since 2009. My current role aims to treat common mental health issues with short term interventions across a range of mental disorders, including Depression, Anxiety Disorders, Post-Traumatic Stress Disorder and Eating Disorders. This experience has allowed me to develop the diverse skills required to provide effective, individualised treatments. I am motivated to be flexible within my skill set in order to be client-focused and achieve client goals.

I have more recently completed training in EMDR to the higher level through EMDRIA. This has enhanced my work in PTSD in addition to CBT based interventions, and allows me to effectively treat more complex trauma based needs as well as single event traumas.

Work History

CBT Therapist, EMDR Therapist and Clinical Supervisor My Head Space, Lincoln, Lincolnshire	Mar 2013
CBT Therapist Lincolnshire IAPT Service- Lincoln, Lincolnshire	Oct 2009
Trainee Cognitive Behavioural Therapist Lincolnshire IAPT Service - Lincoln, Lincolnshire	Sept 2008- Oct 2009
Community Psychiatric Nurse Lincolnshire Partnership NHS Foundation Trust	April 2001- Sept 2008
Acute Care Staff Nurse , Peter Hodgkinson Centre Lincolnshire Partnership NHS Foundation Trust	April 1999- April 2001

Qualifications

Diploma in Nursing, (Mental Health) University of Nottingham,	1999
Post Graduate Diploma in Cognitive Behavioural Psychotherapy University of Derby	2009
Certificate in Eye Movement Desensitisation and Reprocessing (EMDR)	Level 1+2 2013
	Level 3 2014

Personal Information

I am enthusiastic and motivated with an ability to develop positive working relationships with individuals easily. When working in short term therapy, it is essential to be able to establish rapport and trust quickly, allowing the client to feel at ease and able to share their difficulties in a safe environment. I have a good sense of humour, which I am able to incorporate appropriately into my practice with good effect. I receive consistent positive feedback from clients with whom I have worked within the NHS and privately. Clients frequently highlight that the Interventions used have resulted in a positive change in their lives.

I am keen to follow a Compassion based approach in my work, which is especially effective when working with low self-esteem and shame based difficulties. I have also found that this approach can be effective when standard CBT protocols are not proving effective on their own.

I have been involved in developing and piloting CBT Group Therapy for the IAPT Service in my area and enjoy facilitating these groups for a range of Mental Health issues, such as Recurrent Depression, Anxiety Disorder and Obsessive Compulsive Disorder.

I am a Clinical Supervisor within the NHS and Private Practice and I conduct group skills development workshops for my supervisees on a regular basis. Groups include role play, reflective case studies and teaching sessions/ presentations. I enjoy the diversity of this role, and have in-depth knowledge of a range of disorders and their respective CBT based treatment protocols.

As part of maintaining my own CPD requirements, I regularly attend training days, workshops and conferences, some of which are provided by the NHS, others I fund individually, demonstrating my commitment to learning and Professional Development. I receive Clinical Supervision for CBT, EMDR and Eating Disorder Specialities.

References

Available on request