

Curriculum Vitae

Ms Emma Tierney MBACP (Accredited)

Senior therapist in Health City, Counsellor, Supervisor, CBT Practitioner. Mindfulness Practitioner and Therapeutic Imagery Practitioner.

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Profile

A qualified and accredited integrative therapist, with over 12 years' experience. Having a background in the charitable and statutory sector, I have worked within the field of mental health, criminal justice, local authority and bereavement. Through my work I have helped individuals to explore issues around anxiety, panic, stress, bereavement, trauma, relationships, dissociative identity disorder amongst others. Assessing and managing client risk is a key strength along with working with a diverse client group. I am personable and able to build a safe trusting space for clients.

Work Experience

Counsellor and CBT Practitioner.

Health City, London.

September 2019- Present.

- Specialist assessments and treatment of trauma, anxiety, depression, eating disorders and most psychological problems.

Counsellor and Clinical Supervisor

Solace Women's Aid - London

November 2018 - present

- Carrying out clinical assessments and providing trauma focused counselling for women affected by domestic and sexual violence.

Prior to this I worked for the organisation (from Nov 14) as a Counsellor, Clinical Supervisor and Counselling Manager.

- Running 1:1 counselling and group sessions in 12 London boroughs for women affected by domestic and sexual violence.
- Overall clinical responsibility of complex needs cases ensuring the most appropriate support was provided.

Counsellor and Clinical Supervisor

Private Practice - Ingatestone

January 2009 to present

- Counsellor and Clinical Supervisor.
- Offering short, long term and time limited counselling for private clients.
- Working with clients presenting with difficulties around relationships, bereavement, anxiety and panic, life choices, work related, stress, depression, domestic and sexual violence including childhood trauma.

Senior Service Delivery Manager (initially part-time)

Victim Support - Essex and Hertfordshire

September 2006 to July 2014

- Responsible for service provision in the service delivery teams in Essex and Hertfordshire.
- Managing staff and responsible for volunteers, providing direct support to victims of crime.
- Ensured emotional, practical and advocacy support was provided to anyone affected directly or indirectly by crime.

Part-time Counselling Coordinator and Therapist

Mind - Chelmsford

January 2008 to June 2009

- Undertaking clinical assessments.
- Providing counselling for clients with complex needs.

Sessional Alcohol and Substance Misuse Therapist

CRI (Crime Reduction Initiatives) - Colchester and Basildon

August 2007 to January 2008

- Therapeutic Counsellor providing short term therapy for clients with alcohol and drug dependency.
- Carryout assessment with clients on probation.
- Providing counselling for clients with complex needs.

Clinical Education

Minster Centre

Anglia Ruskin University

2008

CBT and Mindfulness – level 3

2009	Therapeutic Imagery – level 3
2007	Diploma in Counselling (BACP Accredited)
2006	Certificate in Counselling
2004	Initial Post Professional Award in Counselling

CPD Courses attended:	Working with Clients in Distress - Suicide and Self-harm
	Working with Dissociative Identity Disorder (DID)
	Working with Relational Trauma, Dealing with Disorganised Attachment
	Early Relational Trauma and Borderline States of Mind
	Transgender Identities
	Female Genital Mutilation and other Harmful Practices
	Working with Clients with Complex Needs
	Domestic and Sexual Violence
	Bereavement and Applying Theories of Grief to Practice
	Mental Health
	Working with Young People
	Disability Awareness
	Equality & Diversity
	Drug & Alcohol Abuse
	Child Sexual Abuse - Hope for Healing
	Healthy and Unhealthy Coping Mechanisms and Strategies

Voluntary work

Benfleet Open Door Service (September 2005- December 2006) – Volunteer Counsellor
Victim Support (January 2004-March 2007) - Volunteer supporting people affected by crime
Essex County Council, Contact – Listening and Support Service (September 2004 to August 2006) – Staff Support Service Counsellor (EAP)

Professional Body Membership

BACP Accreditation

September 2018 to Present

Member of BACP since a student in 2005, Membership number: 86816. Accreditation gained September 2018.