



Health City
HEALTH·IS·WEALTH·*Ad°Maioresm°Dei°Gloria*¶

Gail Bennett

Jungian Analyst and psychotherapist, Mindfulness Based Cognitive Therapist, Cognitive Behavioural Therapist, EMDR Practitioner, Mental Health Nurse, Lecturer, etc.

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EDUCATION

September 2015 GUILD OF ANALYTICAL PSYCHOLOGY

- *Diploma in Analytical Psychology.*
- *One-year foundation course completed September 2013 to July 2014*

October 2008 to 2010 OXFORD UNIVERSITY

Master of Studies in Mindfulness Based Cognitive Therapy

- *Assignments included one pass with distinction*
- *Dissertation into the application of mindfulness-based approaches to eating disorders*
- *8-week mindfulness project conducted into use of mindfulness with lecturers to enhance teaching and personal wellbeing.*

September 2006 - 2007 SUFFOLK COLLEGE (UNIVERSITY CAMPUS SUFFOLK from 1/08/07)

Post Graduate Certificate in Inter Professional Health Care Education

- *Specialist teaching qualification targeted towards shared learning in the health carefield.*

September 2002 - 2003 SUFFOLK COLLEGE

BSc Hons. Specialist Practitioner Community Mental Health Nursing

- *2:1*
- *Research Dissertation into the Psychosocial Factors Relevant to Engagement in Assertive Outreach*

September 2000-June 2001 UNIVERSITY OF EAST ANGLIA

Post Graduate Diploma in Cognitive Behaviour Therapy

September 1992 – October 1995 SUFFOLK COLLEGE

Dip.H.E. Mental Health Nursing

- *RMN qualification.*

September 1987-1990 HAMMERSMITH AND WEST LONDON COLLEGE and CHELMSFORD COLLEGE of HE

- Intermediate Level qualification and membership
- Subjects studied included Politics, Economics, Accountancy, Statistics and Law

September 1979 – July 1986 **NORTHGATE HIGH SCHOOL, IPSWICH**

- 9 'O' Levels: English Language, Literature, History, Religious Education, Russian, French, Art, Needlecraft, Study of Art
- 3 'A' Levels, English Literature, Art, Russian

EMPLOYMENT EXPERIENCE

Jan 2013
- present

CBT, EMDR & MINDFULNESS-BASED PSYCHOTHERAPIST

- Associate work with Nuffield Health providing assessment and treatment for a wide range of professionals including medical insurance cover under Legal and General, Cigna, Medigold and Vitality.
- This includes working with clients from a wide range of professions including the banking sector, insurance, taxation specialists, social media, journalism, advertising, the beauty industry, legal professionals, IT specialists. I have worked with employees of companies including Morgan Stanley, Ernst and Young, PWC, Facebook, Google, Apple, You Tube, Bobbi Brown cosmetics, Huffington Post, Virgin and Aon.
- I have a wealth of experience in supporting individuals facing difficulties with work related stress, unhelpful coping mechanisms and problems with achieving a work life balance.
- I am experienced in working with a number of rehabilitation companies to provide treatment (mainly EMDR) for individuals experiencing PTSD and Adjustment Disorder following accidents/incidents.
- BABCP Membership and accreditation: Number 029263
- I am recognised as a provider of CBT for BUPA (3000258) Axa (GB02435), Vitality (PRU3613449), Simply Health (no number required) and WPA (920388477) Cigna and Aviva health insurance.
- Experience in working with the full range of anxiety disorders, PTSD, OCD, depression, eating disorders, chronic pain and chronic fatigue syndrome.
- I have previous experience of working privately with both Norfolk and Suffolk NHS based CBT Services as a private therapist assisting with reducing waiting lists and providing clinical supervision to High Intensity CBT Therapists.
- I provide ongoing clinical supervision to accredited CBT therapists working in the private sector.

2006- end of August 2015: **GILMOUR PIPER ASSOCIATES, IPSWICH;**

Cognitive Behavioural Psychotherapist (BABCP Accredited) in private practice.

- Referrals accepted privately and from a wide range of rehabilitation organisations and solicitors firms offering trauma focused CBT following accidents and traumatic incidents and assisting with overcoming driving and travel anxiety.
- My work has included contract work for employee support programmes including UK Power Networks, EDF, Health Management and PAM Wellbeing.
- I have worked with a wide range of health service and social care professionals, including ambulance staff, nurses, medical professionals and social workers. I have also worked extensively with local authority employees, teachers and educational staff.

Oct 2012 -
Sept 2013

ASSOCIATE LECTURER: BIRKBECK, UNIVERSITY OF LONDON

- Lecturer and Year 1 Course Co-coordinator for Foundation Degree in Cognitive Behavioural Therapy and Brief Psychodynamic Psychotherapy.

- Aug 2011
- Sept 12
- NORFOLK AND SUFFOLK NHS FOUNDATION TRUST**
Specialist Cognitive Behavioural Therapist (Band 8a)
- Clinical Supervision for High Intensity CBT Therapists and Case Management Supervision for Psychological Wellbeing Practitioners.
 - CBT for complex case work in the service.
 - Service development and improvement.
 - Introduced the first groups in Mindfulness Based Cognitive Therapy for Suffolk under the NHS.
 - I worked 4 days per week in this position and maintained my private practice throughout this time.
- Oct 2010
- Aug 2011
- PSYCHOTHERAPIST: HARLEY THERAPY, HARLEY STREET, LONDON**
- CBT based in Harley Street and the City for a wide range of clients, including legal, IT and financial professionals and some couples therapy.
- Apr 2006-Dec 2010
- UNIVERSITY CAMPUS SUFFOLK**
- Senior Lecturer: Mental Health Nursing, Faculty of Health, Wellbeing and Science*
- Part-time post 3 days per week. I developed my private practice in CBT during this time.
 - Appointed as a lecturer in April 2006 and Senior Lecturer in September 2007.
 - Fully involved in curriculum development, the assessment and pastoral care of mental health nursing students. Strong links with NHS clinical practice areas.
 - Teaching both student nurses and at a post graduate level.
 - Teaching on a varied range of subjects related to mental health, specialising in gender issues, wellbeing and introducing CBT skills to a wide range of healthcare professionals.
- 2003-2006
- SUFFOLK MENTAL HEALTH PARTNERSHIPS NHS TRUST**
Case Manager, Ipswich Outreach Team
- Working with people with serious and long-term mental health problems that were difficult to engage with mental health services according to the principles of the assertive outreach model.
 - Ongoing CBT work for individuals with psychosis, also depression, anxiety and personality disorders.
 - Regular fortnightly supervision with the team clinical psychologist.
- 2000-2003
- SUFFOLK MENTAL HEALTH PARTNERSHIPS NHS TRUST**
Community Mental Health Nurse, Suffolk Forensic Services
- During this appointment I undertook training in CBT and took on a caseload of clients from a generic community mental health team. I worked mainly with clients with the different anxiety disorders and depression. As my experience grew I was able to accept referrals from

my own team for those with a forensic history. Such clients often had diagnoses of personality disorder.

- My role included the provision of prison in-reach services to two prisons in Suffolk and criminal justice liaison for those in police custody and moving through the criminal justice system.
- Regular fortnightly peer group supervision facilitated by 2 clinical psychologists and monthly supervision with team forensic psychologist
- Seconded to complete specialist Community Mental Health Nurse training in final year.

1995-2000 **SUFFOLK MENTAL HEALTH PARTNERSHIPS NHS TRUST**
Mental Health Nurse, St. Clements Hospital, Foxhall Road, Ipswich.

- *Acute inpatient services.*

1986-1992 **IPSWICH BOROUGH COUNCIL**
Treasurers Department: Housing Benefits Officer

ADDITIONAL SKILLS AND TRAINING

- ☐ I am a fully trained EMDR therapist.
- ☐ I previously held the post of Treasurer with the Eastern Counties branch of the BABCP. I have also undertaken the role held of chairperson and publicity officer. I assisted in raising the profile of cognitive therapy in the Eastern region and in organizing training events. These have included: Personality Disorders (Mary Ann Layden,); Anxiety Disorders (Paul Salkovskis); Post Traumatic Stress Disorder (Deborah Lee); OCD (Norma Morrison) ACT (Mark Webster), Depression (Ann Garland), Transdiagnostic Approaches to CBT (Warren Mansell) and CBT with Body Dysmorphic Disorder (David Veale).
- ☐ In addition to my teaching experience at UCS and Birkbeck I have also contributed to the teaching of skills to CBT Therapists and other professionals within the NHS in particular on perfectionism and Mindfulness. I have previously delivered lectures on the psychology doctorate programme at Essex University on CBT for OCD and Mindfulness based approaches.
- ☐ I have given regular talks on the benefits of Mindfulness Based Approaches for the Suffolk Eating Disorders Service.
- ☐ Further to my commitment to traditional CBT approaches I have a specialist interest in Mindfulness Based Cognitive Therapy, which I studied at Master's Level with Professor Mark Williams and Melanie Fennell. Mark Williams was instrumental in the original research and development of MBCT, a NICE recommended intervention for those who have experienced 3 or more episodes of depression as a preventative treatment.
- ☐ I have a daily meditation practice, which grew from my interest in Yoga. I trained as a Sivananda Yoga Teacher in 2004 in Kerala, South India and subsequently completed the Advanced Teacher Training Course in 2008. In 2009 I undertook further training in North India. I have experience of meditation from both Yogic and Buddhist (i.e. Mindfulness) perspectives and I have completed a

meditation teacher's course with Swami Saradananda, a respected teacher of all aspects of Yoga philosophy as well as having completed the 10-day silent Vipassana meditation retreats on three occasions in India, Sri Lanka and Nepal.

- ☐ I have previously taught Yoga and meditation privately and in addition have run classes for MIND, the Sue Ryder Foundation (MS) and the Iceni Project (drug addiction).

