



# Health City

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**Dr. Deborah Hill, PHD.**

Accredited EMDR Practitioner Relate-accredited Relationship counsellor, Psychotherapist & Counsellor, Cognitive Behavioural Hypnotherapist,

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## PROFESSIONAL SUMMARY

Accredited EMDR Practitioner and professional counsellor offering trauma and crisis counselling services to survivors of critical events. Adept at establishing a trust rapport with clients, helping people to cope with tragic situations as well as life-changing events such as **road traffic accidents (RTAs)**. Specialist in **PTSD**, working with children, adolescents, adults, couples, families and groups. Experienced at debriefing following tragic work-related incidents, as well as major incidents.

## CORE QUALIFICATIONS

- Masters Degree, Regent's College, Psychotherapy & Counselling, 2004
- BACP Accredited, 2005, (562653)
- Relate-accredited relationship counsellor, 2005
- Diploma, Cognitive Behavioural Hypnotherapy, 2008
- Accredited EMDR Practitioner to level III, EMDR UK & Ireland, 2009
- Supervision Qualification, Metanoia Institute, 2010
- Stress Management Consultant, Dip.SMC, 2011
- Ph.D. in Modern Languages and Psycholinguistics, 1983

## EXPERIENCE

**2005 - Present, UK  
Counsellor**

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| • | Extensive experience working in private practice at my two clinics in South London (London Bridge) and East London (South Woodford)   |
| • | Extensive training and clinical experience in Cognitive Behavioural Therapy and EMDR, working with anxiety, depression, grief and bereavement (Cruise trained), as well as pain management. |
| • | Extensive training (Oxford Cognitive Therapy Centre/OCTC), as well as clinical experience, working with traumatised children (including use of art therapy)                                 |

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- Workshops delivered at various organisations on Stress Management, Working with Trauma, and Mindfulness

## **2005 - Present, Adjunct Faculty**

- Courses taught at The American University in London and The Foundation for International Education (FIE) have included psycholinguistics, 1x year  
Introduction to Counselling, Psychoanalysis, and Social Psychology

## **Memberships**

- British Association for Counselling and Psychotherapy (BACP)
- British Association for Behavioural and Cognitive Psychotherapy (BABCP)
- EMDR UK & Ireland
- American Psychology Association, International Member

## **CORE COUNSELLING SKILLS**

- Compassionate and sensitive listener
- Excellent communication and organisational skills
- Skilled at establishing rapport in difficult circumstances
- Skilled at stress/anxiety management and reduction