

# CURRICULUM VITAE

**DANIEL MIREA,**  
BABCP, IACP, EMDR UK & Ireland registered

**Accredited CBT Psychotherapist, Lecturer, Doctoral Trainer & Clinical Supervisor  
Senior Associate at the Royal Society of Medicine**

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## PROFILE

Daniel is an accredited Cognitive Behavioural Therapist (CBT), Senior Lecturer at a UK University & a Senior Clinical Consultant Partner at Health City. He has been working in mental health over 25 years. He has trained in all three waves of CBT, including Schema Therapy, Mindfulness, and DBT.

## CURRENT POSTS

### Teaching and course management:

- ☐ Middlesex University (NSPC Existential Academy): Senior CBT Lecturer (doctoral programme)
- ☐ Regents University: Senior CBT Lecturer (doctoral programme)
- ☐ UK College of Clinical Hypnosis and Mindfulness: CBT/ Mindfulness/Third Wave, Senior Lecturer
- ☐ Beijing Psychological College & Conferences: CBT programme leader

### Clinical and supervision role:

- ☐ Health City: Clinical Director, Psychological Services: medico-legal work, psychological trauma and spinal cord injury specialist, clinical supervisor
- ☐ Medical Consult UK: Director Psychological Services (non-executive)
- ☐ South East London Trust: external consultant and trainer, mental health and addiction services
- ☐ HMRC Belmarsh Prison: external consultant and trainer, mental health and addiction services
- ☐ Crime Reduction Initiatives: Consultant Clinical Supervisor (forensic/ criminal justice)
- ☐ CBT Clinical and Coaching: CBT-Sports Therapist (sports psychology for pro-athletes)

## Education

- ☐ **Secondary Schools and/or further education**
  - 1986 – 1990 Ion Neculce College Bucharest, *Diploma of Bacalaureate*
  - 1990 – 1994 East London NHS Trust & Springboard HA, training in mental health

nursing

- 1992-Certificate in Applied and Organizational Psychology (long-distance)
  - 1995 London City of Guilds, *NVQ in Group Psychotherapy*
  - 1994 University of Dundee, *Management of Mental Health Services*
  - 2015 UK College of Hypnosis, Diploma in CBT Hypnotherapy and Mindfulness
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- Kings College 1997 (3 years part-time)
  - Middlesex University 2003 (2 year part-time)
  - Royal Holloway University of London 2007 (2 years part-time)
  - University of London and BABCP from 2004 to date Specialist Qualifications & CPD's

### **Qualifications & Specialism**

- ☐ MSc in Mental Health & CBT
- ☐ Post-Graduate Diploma in CBT
- ☐ Post-Grad Advanced Diploma in Dual Diagnosis
- ☐ Diploma Level 1, 2 & 3 EMDR (consultant level)
- ☐ Diploma Level 1, 2 & 3 Cognitive-Behavioural Hypnotherapy (consultant level)
- ☐ Specialist training in Psychiatric Nursing, Trauma-Focused CBT, Behavioural Activation, Clinical Hypnosis, Psychoanalysis, Schema Therapy, CFT, DBT, MBCT, FAT, BAT, Pain Management CBT and Clinical Hypnosis

### **Membership of Professional Bodies and Learned Societies**

- ☐ British Association of Behavioural and Cognitive Psychotherapies member since 1997 (accredited)
- ☐ International Association of Cognitive Psychotherapies member since 1997
- ☐ The Royal Society of Medicine, Senior Associate since 2012
- ☐ EMDR United Kingdom & Ireland, qualified member since 2012
- ☐ United Kingdom of Counselling & Psychotherapy accredited since 2007
- ☐ REBNP, Register for Evidence-Based Hypnotherapy

### **Career details in 3 chapters: Lecturing, Management and Consultancy & Psychotherapy roles**

#### **(1) Lecturer and program leader roles:**

2007 - date **Regents University, NSPC/Middlesex University, UK College of CBT Hypnotherapy & Mindfulness, Westminster, London Metropolitan University, Schiller University, etc.**  
*CBT Course Manager: developing psychotherapy, psychology and psychopathology (doctoral) courses for DPsych/ DProf/ MA programmes as well as main speaker at a series of events organized by the above schools*

#### **(2) Consultant and Management roles:**

2011 – date **Health City & Medical Consult UK:** Director Psychological Services

*CBT and EMDR consultant, trauma specialist, senior advisor on the executive board; multidisciplinary team consisting of senior clinical leads, psychiatrists, GP's and other disciplines. Clinical Supervision. Case Reviews. Assessments and 1:1 psychotherapy.*

- 2010 – date **South East London Mental Health Trust:** Senior CBT Consultant and Clinical Supervisor:  
*Management and mental health consultant as well as senior clinical supervisor to a team of senior clinical leads, managers, clinical and counselling psychologists and psychiatrists employed by the trust on substance misuse and dual diagnosis issues.*
- 2010 – date **HMRS Belmarsh Prison, Health Services:** Consultant Clinical Supervisor  
*Training on psychological treatments, mental health consultant and senior clinical supervisor*
- 2008 – date **Harrison Associates, Levenes Solicitors (law firms – trauma and injury specialist):** CBT Consultant, psychological assessor/ treatment provider.
- 2008 – date **Crime Reduction Initiative:** Consultant Clinical Supervisor  
*Management and mental health consultant and senior clinical supervisor to a team of senior clinical leads, managers, clinical and counselling psychologists employed by this nationwide service provider*
- 2003 – 2011 **Centrepont Health Team:** *Head of Psychotherapy Services*  
Counselling & Psychotherapy service for younger adults (17 to 25) with a history of homelessness (patron Prince Williams)
- 2004 - date **Department of Health HomelessLink, Prince William's foundation, Aviva, Axa PPP, LFB, CBT Clinics, CBT Services etc.**  
*Independent CBT Consultant*
- 2002 – 2003 **St Giles Trust**  
*Consultant for Mental Health Outreach Services*  
(clinical lead developing specialist services, counseling and training, consultant in mental health and dual diagnosis)
- 1997 – 2002 **SE London Trust Phoenix House, Rehab & Substance Misuse Services**  
*Dual Diagnosis, psychotherapy consultant*  
(developing specialist services, counselling and training, consultant in mental health issues)
- 1999 - 2000 **Lewisham Social Services (Child and Family Department)**  
*Mental Health Analyst and Researcher*  
Researching and auditing for approximately 12 months all the Child Protection files on the register with Lewisham Social Services, measuring the influence of parental mental health on childhood abuse and the extent to which the agencies involved in the child care understood developmental and attachment issues.
- 1990 - 1996 **East London Trust: Wakeling Court - Goodmayes Psychiatric Hospital (in-patients unit)**  
*Senior Mental Health Worker*  
Part of the management team at Wakeling Court, a purpose-built psychiatric inpatient unit managed by a public-private partnership (NHS/Springboard HA) part of the East London NHS Trust. Management responsibilities as well as senior mental health nurse responsibilities. This was a successful pilot scheme, registered under the Home Office Act as a High-Care and High Security Unit with a maximum capacity of 22 patients of Goodmayes Hospital, designed for people with a forensic history suffering from chronic and severe psychotic

disorders, with the ultimate scope of re-integrating long term patients within the community.

### **(3) Psychotherapy practice:**

A senior associate member of The Royal Society of Medicine and accredited psychotherapist by BABCP, IACP, EMDR UK & Ireland as well as UKCP, delivered thousands of hours of psychotherapy treatment as well as clinical supervision, since 1990. Specialist areas: trauma, injury, neurotic disorders, personality problems and addiction. Also, extensive medico-legal work over the last 5 years in addition to latter responsibilities.

2001 – date **CBT Clinical, Coaching & Life Solutions (also in partnership with Health City and Medical Consult UK since 2012)**

**Senior CBT Therapist (CBT Supervision, Assessments and CBT Therapy)**

Accredited psychotherapist in private practice, AVIVA/ AXA registered using different CBT methods (TF- CBT/ EMDR/ MBCT/ DBT) successfully collaborating with a number of schools, insurance agencies, occupational therapy services and injury specialists.

2000 – 2001 **St Clements Hospital**

**Lead Psychotherapist (CBT Supervision, Assessments and CBT Therapy: 1:1/ group)**

Group psychotherapist applying elements of psychodrama and CBT with in-patients and out-patients diagnosed with chronic psychotic disorders or affective disorders in the above hospital - trainee and co-facilitator.

1999 – 2000 **Warley Hospital**

**Lead CBT Psychotherapist**

Individual therapy sessions and group therapy with in-patients; applying specific cognitive-behavioural methods (i.e. debriefing, assertiveness, relaxation, alternative thinking, etc.) to a variety of severe neurotic disorders and personality disorders (particularly BPD).

1998 – 2000 **The Southbrooke Clinic (Lewisham Adult Mental Health)**

*CBT Psychotherapist*

1997 – 1998 **The Linden Centre (Broomfield Psych Hospital)**

*Clinical Attachment General Adult Psychiatry*

1997 – 2002 **SE NHS Trust, Phoenix House, Rehab & Substance Misuse Services**

*Dual Diagnosis, psychotherapy consultant*

*Supervising clinicians and facilitating assessments groups and 1:1 addiction counselling*

1990 - 1996 **Wakeling Court - Goodmayes Psychiatric Hospital (in-patients unit)**

*Supervising clinicians and facilitating group therapy and assessments*

### **Research and scholarly activity**

- *“NA-CBT” Neuro-Affective CBT. Developed a CBT based treatment protocol, a trans-diagnostic model for undiagnosable emotional disorders and low self esteem (2015)*
- *“Sports-CBT” Developed a sports psychological model based on CBT that aims to maximize athletes’ performance (2014).*

- *“Existential perspectives on Coaching: CBC, friend or foe”, Palgrave Macmillan (2012)*
- *“Cognitive Behavioural Therapy and Existential Phenomenological Psychotherapy: Rival Paradigms or Fertile Ground For Therapeutic Synthesis?” Society for Existential Analysis (2012)*
- *CBT, Coaching and Life Solutions: mental health blog since 2014 (several articles and blogs)*
- *CBT today: mental health blog since 2014 (several articles and blogs)*
- *“The treatment of a client with low self-esteem using cognitive and schema therapies” (re-edited for Health City publications, 2016)*
- *“Conceptualising Shame” (Royal Holloway University paper, 2007)*
- *“Developing dual diagnosis services within rehabs, overcoming service resistance” (Middlesex University, 2001)*
- *“The influence of parental mental illness on all forms of child abuse” (Guy’s & St Thomas Medical School, MSc dissertation, 1999)*
- *“The role of Play in child development” (Guy’s & St Thomas Medical School research, 1998)*

## **Research supervision**

- ☐ The impact of CBT and third-wave in particular on supervision practices

## **Teaching**

- ☐ CBT and third wave therapies
- ☐ Assessments and case formulations
- ☐ Different perspectives on Psychopathology
- ☐ Psychopathology: various
- ☐ NA-CBT
- ☐ Sports-CBT
- ☐ Clinical Hypnosis

## **Membership of University committee(s) and task group(s)**

- ☐ King’s College Alumnus
- ☐ Senior Associate at the Royal Society of Medicine

## **Media & other experience**

TV and other media interviews (UK and international), main speaker at different events, forums and conferences; one or two days workshops delivered on a regular basis at several venues and countries including London Metropolitan University, Regents College, Schiller

University, Department of Health, Homeless Link, Royal family events, Yi-Pin Health Centre in Guangzhou China, etc. A sample of topics below:

- The use of Sports-CBT with pro-fighters, London Live TV:
- <https://www.youtube.com/watch?v=B19ysAeMfqo>
- The treatment of Low Self-Esteem with NA-CBT (streaming)
- [https://www.youtube.com/watch?v=\\_4K5dV-kSg4](https://www.youtube.com/watch?v=_4K5dV-kSg4)
- Digi 24, TV: Practicing successful psychotherapy with Daniel Mirea
- Redefining Sanity, main speaker
- St James' Palace 'Conceptualising Youth Homelessness' main speaker
- Dealing with complex and difficult emotions, CPHT main speaker
- Meta-Awareness
- Dealing with the 'Fears' (homelessness and abandonment - young people)
- CBT for Addictions
- CBT for complex psychopathologies
- 'Existing' with CBT
- Guangzhou, China: The opening of 'Yi-Pin the stress clinic'
- BBC World Radio: interview
- Diaspora, Romania in contact, TV RO 24: other media interview
- Beijing, China - Psychology Conference 2018, CBT Hypnosis and Mindfulness workshop leader

### **Business Development**

- Development and expansion of mental health/ psychotherapy services for CRI, Centrepont, St Giles Trust, Phoenix House and Lewisham Social Services.

### **Research grants and awards**

- Comic Relief for the introduction of a Psychodrama service within Centrepont Health Advice, Counselling and Psychotherapy Services, 2009

### **Overseas links**

- Yi-Pin Guangzhou, China stress management clinic
- Bringing the 'self' into business, Bucharest – Romania
- Beijing, China - Psychology Conference 2018, CBT Hypnosis and Mindfulness workshop leader

### **OTHER PROFESSIONAL COURSES:**

- ◆ Trauma Focused CBT
- ◆ Clinical Hypnosis for chronic pains
- ◆ ACT
- ◆ Dialectical Behaviour Therapy
- ◆ Emotional Regulation through DBT
- ◆ CBT for Young People
- ◆ Attachment in CBT
- ◆ Compassion Focused Therapy (P Gilbert)
- ◆ MBCT/ Mindfulness and Acceptance

**STANDARDISED LISTING OF DETAILS OF PUBLIC OUTPUT FROM RESEARCH AND SCHOLARLY ACTIVITY (please note this is a sample only, more publications on-line and/or paper available)**

- “*NeuroAffective-CBT*” by Mirea D 2018 ( [www.neuroaffectivecbt.com](http://www.neuroaffectivecbt.com) )
- “*The treatment of a client with low self-esteem*” (re-edited for Health City publications, 2016)
- “*Translating Emotions*” (in preparation for publishing with Sage)
- “*CBC friend or foe*” by Mirea D in *Existential Perspectives on Coaching* (Van Deurzen et al. 2012)
- “*Cognitive Behavioural Therapy and Existential Phenomenological Psychotherapy: Rival Paradigms or Fertile Ground For Therapeutic Synthesis*”. *SEA Journal*, 2012
- “*Developing Resilience*” (review of M Neenan’s work). *SEA Journal*, 2012
- “*Falling through the cracks*” in *Young Minds Magazine*, May 2010
- “*Dealing with Fears*” (CPHT, 2010)
- “*The world as we see it...*” BBC World Service: Radio Interview, January 2009
- “*Conceptualising youth homelessness in London*” in *Focus Point Issue No.2*, 06/2009, Centrepoint Publications, *Young Minds*)
- “*Psychologists for hire*” *Diaspora Magazine*: June 2008 edition
- “*The treatment of a client with low self-esteem using cognitive and schema therapies*” (Royal Holloway University, 2007)
- “*Conceptualising Shame*” (Royal Holloway University, 2007)
- “*Developing dual diagnosis services within rehabs, overcoming service resistance*” (Middlesex University, 2001)
- “*The influence of parental mental illness on all forms of child abuse*” (Guy’s & St Thomas Medical School MSc dissertation, 1999)
- “*The role of Play in child development*” (Guy’s & St Thomas Medical School research, 1998)

**REFERENCES and WEBLINKS:**

\* References and/or testimonies can be provided on request