



Health City
HEALTH·IS·WEALTH·*Ad°Maio^{re}m°Dei°Gloria¶*

Caroline Howard (Mrs)

**Senior cognitive behavioural therapist, clinical supervisor and trainer.
: MSc Nursing, BA (Hons) Health Studies, BABCP, UKCP. Hypnotherapist**

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I am an accredited Cognitive Behavioural Therapist, Clinical Supervisor and Trainer with the British Association for Behavioural and Cognitive Psychotherapies (BABCP); and is also a registered mental health nurse, attaining my core profession as a Registered Mental Nurse in 1986 and worked as a Community Psychiatric Nurse in East London before joining City University London in 1996 as a Community Mental Health Specialist Lecturer. I am a co-founder of the Chinese Mental Health Association, set up in 1992. This Association has become one of the key mental health resource centres for Chinese people in the UK. Since 2008, I performed the role of Honorary Mental Health Consultant to the National Chinese Healthy Living Centre, based in London.

I am is a freelance therapist and clinical supervisor; in addition to my therapy work I have been supporting skills development for new therapists to attain accreditation with the BABCP. I extend my therapy work to the Chinese Communities, and use my Cantonese to assess and deliver therapy to Chinese clients. Where necessary I make recommendations to mainstream services about specific therapeutic interventions for this client group.

As a clinician, I have accumulated a wide range of CBT skills that I have been trained to deliver. I facilitated clients recovering from a wide range of conditions, including the following:

Conditions

Depression, PTSD, Social Anxiety, Health Anxiety, General Anxiety Disorder, OCD, fear of flying.

Professional bodies:

- British Association for Behavioural and Cognitive Psychotherapies (BABCP)
- United Kingdom Council for Psychotherapy (UKCP)
- Nursing and Midwifery Council (NMC)