

PROGRAMME OF CPD EVENTS FOR 2020



Association of Professional
Counsellors and Psychotherapists
Ireland

The 2020 offering of Continuing Professional Development events will see APCP continue to broaden its range of CPD opportunities, providing new opportunities and insights that will support the membership in their everyday practice both as Counsellors and as Psychotherapists.

Overview of CPD Events for 2020

Managing a Private Practice	Clinical and Legal Aspects of Records and Notes
Social Media for Your Practice	Trauma Informed Psychotherapy for Children & Adolescents
Working with Culturally Diverse Clients	Eating Disorders
Working with Clients' Experiencing PTSD	Contemporary Short-Term Psychotherapeutic Approaches
Grief and Loss in Counselling and Psychotherapy	Self-Compassion Workshop
Flourishing	Working with Sexual Trauma
Depth oriented Brief Therapies in Counselling	Creative Arts Approaches in Psychotherapy
Working with Parents and Youth in a Digital Age	Existential Psychotherapy

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29 FEB
10AM – 5PM



Speakers

Donna Breen

Venue

APCP Boardroom
Innovation Works,
National
Technology Park,
Castletroy, Limerick

Web

www.apcp.ie

Managing a Private Practice

This workshop aims to explore the many aspects of running and managing a private practice. It will look at how to effectively plan and manage your time and the many components involved in running a successful practice. It will highlight areas for improvement and focus on practical tools to help you keep on top of your workload and how to ensure your practice fits with your life. It will be an experiential workshop using various practical techniques in practice throughout the day which can be brought back to practice such as tools for budgeting, time management, strategic planning and marketing.

By the end of the day it is hoped that participants will have a better understanding of running and managing a private practice and being to identify areas for improvement along with developing a toolkit to keep on top of the workload and feel more equipped.

Topics covered in this workshop include:

1. To explore the many aspects of running and managing a private practice. It will look at how to effectively plan and manage your time and the many components involved in running a successful practice.
2. Learn how to effectively plan and manage your time and the many components involved in running a successful practice.
3. It will highlight areas for improvement and focus on practical tools to help you keep on top of your workload and how to ensure your practice fits with your life.
4. Practising different practical techniques in practice throughout the day which can be brought back to practice. Such as tools for budgeting, time management, strategic planning and marketing along with time spent identifying gaps in the market and possible areas for development and diversification.

Speaker Information

Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

7 MARCH
10AM – 1PM



Speakers

Dr Alvina Grosu

Venue

Webinar – Online
3 Hours CPD

Web

www.apcp.ie

Clinical and Legal Aspects of Records and Notes in Therapeutic Practice

The need for this webinar was influenced by the confluence of two major, interconnected events affecting the Counselling and Psychotherapeutic professions. Firstly, “the approval by the Oireachtas of the Regulations designating the professions of counsellor and psychotherapist for regulation under the Health and Social Care Professionals Act 2005” which took place on 21/03/18. The second major event occurred on 25/05/18, when the General Data Protection Regulation (GDPR) came into effect.

GDPR is the regulatory mechanism by which the European Commission intends to strengthen and unify data protection for individuals throughout the European Union by adding legal requirements for documenting, IT procedures and associated rights and risks.

The objective of this webinar is aiming at presenting the best practice in relation to documentation and paperwork within therapeutic practice. It will also highlight the legal and professional aspects of information gathering as well as support practitioners in setting up an efficient structure for their own “evidence-based practice”.

The format of the webinar is interactive and informative. Participants will learn about:

- Standards and Competencies for Record/ Notes in Therapeutic Practice;
- GDPR and legal aspects of Records/ Notes in therapeutic practice;
- Documents and Procedures within Therapeutic Practice.

Note:

This CPD will be delivered as an **online webinar**. Participants must have stable, speedy broadband in order to participate. As a rule of thumb, if your connection is good enough to watch Netflix without interruption or significant loading times, it should be enough to attend this session.

Speaker Information

Dr Alvina Grosu is a psychologist & lecturer on MA programmes in UCC & ICHAS. Besides teaching and assessing theoretical modules, she is also supervising master’s degree research dissertations. Practical aspects of her activities include working with clients as well as serving as clinical supervisor for trainee students in Cork and Limerick. Her area of expertise is in cross-cultural psychology. She is a member of Society for Intercultural Education, Training and Research (SIETAR) Europe and Psychological Society of Ireland (PSI).

11 MARCH
6.30PM – 9.30PM



Speakers

Donna Breen

Venue

APCP Boardroom
Innovation Works,
National
Technology Park,
Castletroy, Limerick

Web

www.apcp.ie

Social Media for your Practice/Business

This workshop aims to explore the many aspects of running and managing social media for your private practice. It will look at the various types of social media accounts. It will look at policies around social media and social media clauses' when contracting. It will look at how to set up various social media accounts and link them to each other and how to effectively plan and manage your time and the many components involved in running a successful array of social media accounts for your practice. It will highlight areas for improvement and focus on practical tools to help you keep on top of your workload and how to ensure your social media presence fits with your life. It will be an experiential workshop using various practical techniques in practice throughout the evening which can be brought back to practice.

Main topics covered during the workshop:

1. To help Counsellors identify and understand the various types of social media accounts and what is required for each.
2. To give them specific examples of how this applies in practice and how to ensure they are informed and clear when setting up or managing a private practice account.
3. Putting policies and clauses' in place regarding social media.
4. To ensure that the chosen form of social media suits the person's work/lifestyle and identifying which is most suitable and achievable.

By the end of the session it is hoped that participants will have a better understanding of running and managing social media accounts for private practice and being to identify areas for improvement along with developing a toolkit to keep on top of the workload and feel more equipped.

Note: Participants will need to bring a laptop/device with them for this session.

Speaker Information

Donna is an experienced and practising Counsellor and facilitator running her own private practice in Tipperary. She has previously worked with Shannon College of Hotel Management as a Student Counsellor for 5 years along with working as an EAP Counsellor and Case Manager with LAYA Healthcare in Dublin delivering counselling and assessment services to hundreds of clients along with developing and delivering a variety of content for online platforms and customers along with an array of other projects.

21 & 22
MARCH
9AM –5PM



Speakers

Christine Lodge

Venue

Maldron Hotel
Portlaoise

Web

Trauma Informed Psychotherapy for Children & Adolescents

Main topics covered during the workshops:

Part 1 - Saturday 21st March

- Brief introduction to developmental psychology
- Attachment & brain development
- How a young person's behaviour may be influenced by poor bonding & attachment
- Recognizing the signs of trauma in children & adolescents

Part 2 – Saturday 22nd March

- What is Trauma Informed Psychotherapy?
- Principles of Trauma Informed Psychotherapy
- The stages of recovery
- Effective engagement strategies

Speaker Information

Note: Speaker details will be added in an update to this booklet in January 2020.

11 APRIL
10AM – 5PM



Speakers

Alvina Grosu

Venue

Charleville Park Hotel
Cork

Max 25 Participants

Web

www.charlevilleparkhotel.com/

Working with Culturally Diverse Clients

Cities and towns throughout Ireland are becoming increasingly multicultural, as the ethnic profile of our communities and workplaces undergoes unprecedented transformation through immigration. According to Census 2016 over 12% of the population would be culturally and ethnically diverse. This interactive workshop is designed for professionals that need to communicate successfully, work, and establish productive relationships during face-to-face or virtual contact with clients and colleagues from different cultures and backgrounds.

The aim of the workshop is to raise awareness and understanding of cultural differences in the therapeutic environment and enhance practical cross-cultural communication and work skills.

The format of the workshop is experiential and interactive, rooted in existential traditions. Participants will be able to:

- Establish a complex profile of Cultural Diversity in Ireland;
- Learn about culture/ identity and how to recognise it in cross-cultural situations;
- Understand key differences in the way different cultures think and act;
- Recognise some of own cultural assumptions about communication, work and relationships;
- Move beyond stereotypes when dealing with clients, colleagues from different cultural backgrounds;
- Clarify what constitutes discrimination and racism;
- Choose the patterns for building an 'Intercultural Society' and shared communication
- Feel more confident when communicating across cultural and language barriers.

Speaker Information

Alvina Grosu is a psychologist and a lecturer on MA programmes in UCC and ICHAS. She combines academic and practical work at different levels and besides teaching and assessing the theoretical modules is also supervising Master degree research dissertations. Practical aspects of her activities include working with clients as well as serving as clinical supervisor for trainee students in Cork and Limerick area. Alvina holds a PhD in psychology and her area of expertise is in cross-cultural psychology. She is a member of Society for Intercultural Education, Training and Research (SIETAR) Europe and Psychological Society of Ireland (PSI).

18TH APRIL
10AM – 5PM



Speakers

Fierna Kennedy

Venue

Greenhills Hotel
Co Limerick

Web

www.greenhillsgroup.com/

Eating Disorders

This workshop will consider the following:

- Brief overview of eating disorders
- Precipitating, Perpetuating, Predisposing Factors
- Psychopathology of Eating Disorders
- Body Image Dysmorphia & Eating Disorders
- Eating Disorder Recovery - Multidisciplinary Approach
- Therapeutic Challenges
- Important Do's and Essential Don'ts!

Speaker Information

Fierna Kennedy has a M.A. in Integrative Psychotherapy from the University of Limerick, a B.A. in Counselling Skills and Addiction Studies and a Diploma in Eating Disorder Practitioner Skills. Over the past 10 years she has engaged in extensive research and education in the field of eating disorders. Her therapeutic approach combines her professional training and her personal lived experience of an eating disorder. Having both perspectives of client and clinician, Fierna offers a unique insight into these complex conditions.

Fierna maintains a busy private practice in Limerick specialising in treating individuals and families affected by food, body and weight issues. She provides workshops throughout Ireland which focus on educating frontline services and healthcare providers on how best to support those affected by eating disorders. Using creative techniques, her experiential workshops aim to help participants understand the experiences of those living with an eating disorder and how to tailor their approach accordingly. She is well known in media circles for her commitment to generating eating disorder awareness and for her dedication to challenging the stigma and misconceptions associated with these conditions.

18TH APRIL
10AM – 5PM



Speakers

Declan Staunton

Venue

Clayton Hotel
Galway

Web

www.claytonhotelgalway.ie

Working with Clients Experiencing PTSD

Approximately 90% of people in therapy will have experienced a traumatic event in their lifetime, however not all will develop Post Traumatic Stress Disorder (PTSD). Consequently, it is important for a therapist to be able to distinguish PTSD from other issues and to develop suitable treatment plans. Many studies indicate that a number of treatments work extremely well for treating PTSD. These include cognitive therapy, prolonged exposure therapy and EMDR in conjunction with medications.

The key objectives of this workshop will be to:

- Identify the difference between trauma and disassociation from PTSD
- Accurately assess clients
- Identify PTSD using the DSM V criteria
- Decide on treatment and treatment planning
- Assist the client identify issues around treatment planning or both
- Discuss current psychotherapy interventions and EMDR
- Role play
- Vignettes may be used

This full day workshop will use lecture, discussion and case studies to build expertise and confidence for counsellors when dealing with clients with PTSD.

Speaker Information

Declan Staunton (MS, BA, APA, APCP, IACP, NCC) has worked as a psychotherapist and counsellor in both Ireland and the USA for 20 years. He currently runs a private practice in Westport, Co. Mayo and specialises in individual, group, couples and family therapy. He has lectured in Counselling and Psychotherapy at College and University level in Ireland and California, USA. He also developed several workshops for Arthritis Ireland. Declan has led psychotherapy groups for students with learning and psychological disabilities. He has also worked as a substance abuse counsellor and was trained in the diagnosing and treatment of mental illness, utilising the DSM.

25TH APRIL
10AM – 5PM



Speaker
Tatjana Simakova

Venue
Venue TBA
Ennis, Co Clare

Web
TBA

Creative Arts Approaches in Psychotherapy

This workshop will consider:

- The background and context of art therapy
- Materials and methods of creative arts approaches
- The role of imagination, creativity and play in a therapeutic context
- Looking at images within a therapeutic relationship
- The use of metaphor
- Feedback and appropriate interpretation
- Art therapy in self-care through Visual Journaling

Speaker Information

Tatjana holds a BA in Counselling Skills and Psychotherapy from ICHAS and a Certificate in Art Therapy from the CIT Crawford College of Arts and Design where she is also pursuing a Master's Degree in Art Therapy. I follow the guidelines and Code of Ethics of the APCP.

She also runs a private practice based in Ennis, Co Clare in addition to working with Pieta House in Limerick. She is a former facilitator for the Applied Suicide Intervention Skills Training (ASIST). She has received extensive experience working in the area for the prevention and after care of suicide and self-harm.

9TH MAY
10AM – 5PM



Speaker

Christine Beekman

Venue

To Be Confirmed
(Ennis or Limerick)

Web

www.apcp.ie

Existential Psychotherapy

Note: Details for this workshop will be added in an update to this booklet in January 2020.

Speaker Information

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness-based approaches and inner child directed strategies

16TH MAY
10AM – 5PM



Speaker
Jess England

Venue
Charleville Park Hotel
Cork

Web
www.charlevilleparkhotel.com/

Trauma Informed Care

Trauma informed care is an organisational approach to working with clients, staff and stakeholders. It requires everyone within the organisation to be Trauma informed as a first step. Becoming trauma informed means recognising that people often have different types of trauma in their lives and that there is a trauma legacy. This trauma can be re-triggered by well-meaning care givers, who are not working with a trauma lens. This one-day programme seeks to make participants trauma informed, to be able to understand and recognise trauma symptoms particularly in relationships, to identify trauma triggers, for themselves and their clients. To introduce the concepts of trauma informed care from an organisational perspective, these include the 3 R, realisation, Recognition and Responding to trauma in an appropriate manner within an organisational context.

Speaker Information

Jess England, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una McCluskey.

23 MAY
10AM – 5PM

Speaker
Finbar Chambers

Venue
The Rose Hotel.
Tralee, Co. Kerry

Web
<http://www.therosehotel.com>



Grief and Loss in Counselling and Psychotherapy

“grief is a reaction to any form of loss... [that] encompass a range of feelings from deep sadness to anger, and the process of adapting to a significant loss can vary dramatically from one person to another, depending on his or her background, beliefs, relationship to what was lost, and other factors.”

(Mastrangelo & Wood, 2016)

The following issues will be looked at.

- 1] Grief and loss in various situations
- 2] The various models of grief and how they assist the therapist in grief work.
- 3] Communication strategies and active listening techniques.
- 4] Self-care when dealing with grief.

Speaker Information

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP

18 JULY
10AM – 5PM



Speaker
Marianne Dwyer

Venue
Horse & Jockey
Hotel
Co Tipperary

Web
www.horseandjockeyhotel.com/

Self-Compassion Workshop

The workshop will provide the opportunity to explore and experience self-compassion. Activities include talks, experiential exercises, group discussion, meditation and relaxation; allowing participants to directly experience self-compassion & learn practices to incorporate it in their daily lives. They will discover helpful methods of incorporating self-compassion into professional practice which may include working with difficult emotions, and the benefits of recognising and containing caregiver fatigue.

Learning to be more compassionate with yourself is a strength. According to Dr. Kristen Neff, a leading researcher on self-compassion, *'Learning self-compassion is an important element of our growth as carers. When we are kind to ourselves, we tend to project much more warmth and understanding to others.'*

Objectives

Emerging Research states that self-compassion is strongly associated with emotional wellbeing, resilience, coping with life challenges & lower levels of anxiety and depression. All evidence shows that having self-compassion leads to developing a relationship with others that is more compassionate. It is important to connect with yourself and your experience as practitioners.

Some expected outcomes for participants in this workshop include:

- An Understanding of what self-compassion is and an overview of some of the research in self-compassion.
- An opportunity to practice self-compassion techniques, and to motivate oneself with kindness rather than criticism.
- Tools and techniques to handle difficult emotions.
- Understanding and Alleviating care-giver fatigue
- Integrating self-compassion into psychotherapy.

Speaker Information

Marianne Dwyer holds an Ma in Counselling & Psychotherapy, qualifying in 2015. Her approach is humanistic-integrative. She has incorporated qualifications in Neuro-linguistic programming, Gestalt & Time-line therapy, Emotional Freedom Techniques and Life Coaching into her counselling practice. Since 2018 she is a qualified instructor in meditation and mindfulness. Prior to counselling she has 20 years' experience in the HSE as a General Nurse and Assistant Director of Nursing.

05 SEPTEMBER

10AM – 5PM

Speakers

Christine Beekman

Venue

To Be Confirmed
(Ennis or Limerick)

Web



Contemporary Short-term psychotherapeutic approaches

Note: Details for this workshop will be added in an update to this booklet in January 2020.

Speaker Information

Christine is a practicing Psychotherapist engaged in a broad range of holistic practice; including cognitive behaviour therapy. Christine is a senior lecturer with ICHAS, where she has been lecturing on the CBT and Pastoral Care Master's Programme. As a CBT practitioner and a certified trainer with the Focusing Institute (USA), she works with adults and children in a holistic and focus-oriented way to facilitate client empowerment on all levels. Some special interests include management of stress and trauma, as well as transpersonal work, making use of regression techniques, EMDR, mindfulness-based approaches and inner child directed strategies

23 SEPTEMBER

6.30PM – 9.30PM



Speaker

Finbar Chambers

Venue

APCP Boardroom
Innovation Works,
National Technology
Park, Castletroy,
Limerick

Web

www.apcp.ie

Working with parents and youth in a digital age

Evidence about the role social media play in relation to our mental health is still emerging. And while more has been said and written about the potential risks and dangers, evidence has come to light on both positive and negative impacts that may be associated with social media use.

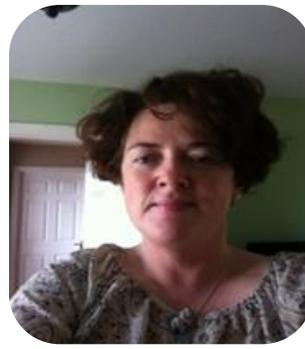
The following will be looked at

- The changing landscape of counselling as a result of ‘the digital age’ we are living in.
- Its effect on mental health for both parents and youth. (positive and negative impacts)
- How to approach the issue as therapists and why we need to knowledgeable on the most salient challenges.

Speaker Information

Finbar Chambers is a practising counsellor and lecturer. He has a BA in legal studies and a post grad diploma in education from the University of Limerick. Before receiving his MA in Counselling & Psychotherapy Finbar worked in education both in Ireland and abroad. He is a member of APCP, and BACP

07 OCTOBER
6.30PM – 9.30PM



Speakers

Jess England

Venue

Charleville Park Hotel,
Charleville, Co. Cork

Web

<https://www.charlevilleparkhotel.com>

Flourishing

When someone experiences trauma it can be hard for them to imagine a life where they are flourishing or even to know what flourishing means. This session explores post traumatic growth and looks to discover the signposts that indicate that a person is moving more towards flourishing and is in fact achieving what is termed post traumatic growth.

Speaker Information

Jess England, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. She currently, and for the last 9 years, has held responsibility for the development of support groups within ADAPT domestic abuse services in Limerick City and County. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has been has explored same, under the tutelage of Dr Una McCluskey

10 OCTOBER

10AM – 5PM



Speaker

Michelle Walsh

Venue

Abbeyleix Suite
Maldron Hotel
Portlaoise

Web

www.maldronhotelportlaoise.com

Max Attendees: 35

Working with Sexual Trauma

At the end of this workshop participants will have a clearer understanding of sexual violence and consent. We will look at the reporting process and how to handle disclosures while trying to manage any therapeutic ruptures. Additionally, participants will have a good understanding of what happens after reporting both for the survivor of sexual violence and from a legal perspective. Finally, we will look at useful tools and therapeutic techniques to aid the counsellor when working with someone who has been affected by sexual violence and we will look at self-care for professionals working with sexual trauma.

Speaker Information

Michelle Walsh is a 4th PhD candidate from the UNESCO Child and Family research Centre at the National University Ireland, Galway. Michelle's research centre works with children, young people and people involved in their lives to reveal the things that matter to children and what can be done to improve their lives. Currently, Michelle's research centres around the effects of sexual harassment on adolescents in Ireland. Michelle is also a fully accredited psychotherapist and clinical supervisor. She has been working as an extern on the REAL U project for several years, delivering the training on the module on SEX and the LAW. Michelle also works for Rape Crisis Midwest as a psychotherapist and trainer additionally she trains support workers for the SATU service, (sexual assault treatment unit). Michelle also works as a clinical supervisor in private practice and for Youth Services in Tipperary and Limerick, so is aware of the many of issues faced by Adolescents, Parents, Caregivers and Youth Workers on a daily basis. She is both knowledgeable and passionate about Domestic, sexual and gender-based violence and doing anything she can to prevent it. More information about Michelle can be found on her web page Survive Life <http://survivelife.expert>

14 NOVEMBER

10AM – 5PM



Speaker

Declan Staunton

Venue

Clayton Hotel
Galway

Web

www.claytonhotelgalway.ie

Depth Oriented Brief Therapies in Counselling

Therapists often strive to understand the complexities of therapeutic shifts and why some people in treatment experience lasting change and others do not.

Depth Oriented Brief Therapies are a therapy approach based on depth psychology. The developers of depth therapies discovered that distinct patterns were typical in breakthrough experiences, irrespective of a client's condition. Many people seeking help often find this type of therapy to be beneficial as they can reach the depths of their belief systems and dispel symptoms in a small number of sessions. The aim of these therapies is to achieve deep and lasting therapeutic shift.

This workshop will examine:

- Coherence Therapy (DOBT)
- The benefits of Experiential Dynamic Therapy (EDT) - which is a form of short-term psychodynamic psychotherapy
- Accelerated Experiential-Dynamic Psychotherapy (AEDP) - focuses on healing-oriented techniques by examining in-depth processing of emotional experiences.

AEDP aims to uncover the hidden resources in clients that may be used as a natural response to life circumstances.

This workshop will help therapists to identify the various tools that can be used for clients to achieve deep and lasting therapeutic change and memory reconsolidation to erase and replace unwanted beliefs. Experiential techniques will be included.

Speaker Information

Declan Staunton (MS, BA, APA, ACP, IACP, NCC) has worked as a psychotherapist and counsellor in both Ireland and the USA for 20 years. He currently runs a private practice in Westport, Co. Mayo and specialises in individual, group, couples and family therapy. He has lectured in Counselling and Psychotherapy at College and University level in Ireland and California, USA. He also developed several workshops for Arthritis Ireland. Declan has led psychotherapy groups for students with learning and psychological disabilities. He has also worked as a substance abuse counsellor and was trained in the diagnosing and treatment of mental illness, utilising the DSM. Areas of professional interest include: Cognitive based mindfulness therapies, Eastern Psychology and mind, body and spirituality.