



Michelle Hounslow

BSc Hons OT, PG Dip CBP, EMDR

Cognitive Behavioural Therapist

BABCP Registration: **PYL110742**

Michelle Hounslow has worked within a primary care mental health IAPT team for ten and a half years, initially delivering face to face guided self-help for two years, she was then promoted, attended training and became a CBT therapist. She has experience of working with complex cases and managing risk effectively and has successfully treated many cases.

AREAS OF SPECIALISM

- Working 1:1 with patients
- Building therapeutic relationship
- Able to manage caseload and time effectively
- Warm, empathic.
- BABCP accredited
- Experience of working with Depression, anxiety, OCD, trauma, specific phobia, agoraphobia.

PROFESSIONAL QUALIFICATIONS

2011 PG Dip Cognitive Behavioural Psychotherapy – University of Derby

2008 BSc (Hons) Occupational Therapy – University of Northampton

WORK HISTORY

2021 - Present EMDR Therapist

In March 2021 I qualified as an EMDR therapist, which I have used to date to help clients with trauma following sexual abuse and vomit phobia. I receive regular supervision with an EMDR consultant. I am keen to develop my practice in this area.

2019 – Present Private CBT Therapist

As of May 2019 I started my own CBT business working with common mental health problems, delivering therapy face to face, via secure video conferencing and telephone. This also enables me to work flexibly, offering evening and weekend appointments and therefore short waiting times.

2011 – 19 Therapist

Working with patients in a primary care setting, undertaking assessment, formulation and goal setting to achieve recovery; through delivering NICE recommended interventions and relapse prevention. Liaising with GP, primary care liaison workers, social workers and healthcare professionals where necessary. Supervising colleague for case management. Undertake fortnightly case management supervision and monthly peer supervision.

2008 – 11 Psychological Wellbeing Practitioner

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Delivering face to face, evidence based guided self-help interventions within primary care setting. Facilitated and delivered sleep management, low self-esteem and OCD groups with colleague.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2021** EMDR Training
- 2005** Access to Health Certificate