



**Dr Chantal Bernard**  
CPsychol, MBPsS, DCounsPsych.  
**Chartered Counselling Psychologist**



Health Professions Council Registration: **PYL32926**  
British Psychological Society Membership: **221157**

Dr Chantal Bernard is a Chartered Counselling Psychologist registered with the HCPC. She has 13 years' experience of working within mental health. Nine of which she was based within an acute private psychiatric hospital, working within an MDT, facilitating group and individual therapy for inpatients and outpatients with various and often complex mental health difficulties. During her time here, she worked on the Adult General Psychiatric ward, Adolescent Unit, Eating Disorders Unit and Addiction Treatment Unit.

Dr Bernard has been in private practice for the past 4 years working with clients with varying degrees of mental health difficulties. She delivers a range of therapeutic interventions as well as developing psychological formulations, assessments, risk assessments and care plans for her private clients, supporting clients and staff based in mental health rehabilitation units, personal injury and workplace accident claims and children in care.

#### **AREAS OF SPECIALISM**

- Trauma
- Personal Injury
- Workplace Accidents
- Anxiety
- Depression
- EMDR
- CBT
- TF-CBT
- Counselling

#### **PROFESSIONAL QUALIFICATIONS**

- 2014** Practitioner Doctorate in Counselling Psychology – University of Wolverhampton  
**2007** Graduate Diploma in Psychology – Aston University  
**2005** BA Psychology – University of Western Sydney

#### **WORK HISTORY**

##### **2018 – Present Private Practice**

- Formulate and implement psychological interventions for varying mental health conditions including post-traumatic stress disorder, various anxiety disorders, depression, low self-esteem.
- Working with private referrers for personal injury cases and undertaking appropriate therapies
- Providing supervision to other professionals and doctoral students

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- Liaising with private health insurance companies and other mental health professionals in relation to referrals and patient progress
- Provide advice on the psychological aspects or risk assessment/management to care providers within a mental health rehabilitation care home
- Undertake weekly clinical consultation with care providers supporting them to understand the psychological basis of the individual's presentation and enabling them to provide holistic therapeutic care
- Contributing to service planning and the updating of therapy programmes within a mental health rehabilitation care home
- Providing therapy for NHS and private care staff directly affected by Covid-19

**2018 – Present    Head of Therapy and Staff Wellbeing – Select Healthcare Group**

- Undertaking assessment of referrals and gathering of appropriate information from other relevant agencies to contribute to decisions about appropriateness of referrals into the service.
- Continuing to work psychologically with residents providing therapy during their placement.
- Supporting staff to work alongside residents who are not appropriate for therapy.
- Supporting staff to fulfill their role.

**2018                    Senior Counselling Psychologist – Brryn Melyn Care**

- Undertaking assessment of referrals and gathering of appropriate information from other relevant agencies to contribute to decisions about appropriateness of referrals into the service
- Providing specialist psychological assessments and formulation of young people placed within the organisation based upon the appropriate use, interpretation and integration of data from a variety of sources including psychological tests, self-report measures, rating scales, observations and information gathered from those involved in the young person's care.
- Formulating and implementing plans of psychological intervention / management of children and young people's mental health difficulties, based on psychological understanding of the difficulties within current evidence-based practice, including attachment theory
- Undertaking monthly clinical consultation with care providers, supporting them to understand the psychological basis of a young person's presentation and enabling them to provide holistic therapeutic care
- Exercising autonomous professional judgment and responsibility for the psychological management of children and young people including assessment, formulation, therapeutic intervention, placement planning and effective communication of these plans with other professionals involved in the care of the young person
- Undertaking psychologically based risk assessment and management for individual children and young people and providing advice on the psychological aspects or risk assessment and management to other professions. Including joint working of highly complex cases which require more specialised levels of assessment and therapeutic skills
- To effectively monitor the progress of interventions
- Providing professional and clinical supervision to psychologists, assistant / graduate psychologists and therapists in response to service need

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- 2016 - 18**      **Counselling Psychologist – Woodbourne Priory Hospital / Birmingham Priory Wellbeing Centre**
- Based within a private outpatient clinic receiving referrals from Consultant Psychiatrists and GPs
  - Telephone triage and face-to-face assessments
  - Working within an MDT and facilitating group therapy for inpatients with various mental health difficulties
  - Delivering appropriate therapeutic interventions, developing psychological formulations, risk assessments and care plans for individual clients
  - Contributing to service planning and updating of therapy programmes
  - I have worked with a wide variety of disorders including depression, stress, low self-esteem, panic disorder, generalized anxiety, post-traumatic stress disorder, personality disorders
  - Managing varying caseloads
- 2013 – 14**      **Volunteer Therapist – Sandwell Women’s Aid**
- Delivering appropriate therapeutic interventions and risk assessments for individual clients
  - Working predominantly with post-traumatic stress disorder, depression, anxiety and low self esteem
- 2010 – 16**      **Therapist**
- Working within an acute private psychiatric hospital receiving referrals from Consultant Psychiatrists and GPs
  - Conducting face-to-face assessments
  - Working within an MDT and facilitating group therapy for inpatients with various mental health difficulties
  - EDU post meal supervision
  - Facilitating family support groups for the Addiction Treatment Programme (ATP)
  - Delivering appropriate therapeutic interventions, developing psychological formulations, risk assessments and care plans for individual clients
  - I work with a wide variety of disorders including depression, stress, low self-esteem, panic disorder, generalized anxiety, post-traumatic stress disorder
- 2008 – 10**      **Psychology Assistant – Woodbourne Priory Hospital**
- Working within an acute psychiatric private hospital receiving referrals from Consultant Psychiatrists and GPs
  - Working within an MDT and planning and assisting group therapy sessions for inpatients with various mental health difficulties
  - Facilitating group therapy sessions for day patients as part of step-down programme
  - Facilitating group therapy sessions for the Condition Management Programme in partnership with Seetec
  - Working with disorders including depression, stress, low self-esteem, generalized anxiety

**SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

<b>2022</b>	Child & Adolescent EMDR, Level 1
<b>2022</b>	Excellence in Report Writing – Written Evidence
<b>2020</b>	Group Traumatic Episode Protocol (G-TEP) Training
<b>2019</b>	Flash Technique – Making intense trauma memories more accessible for EMDR Processing
<b>2019</b>	EMDR Annual Conference
<b>2017</b>	Working with the Body in EMDR Therapy CPD
<b>2015</b>	EMDR Levels 1-3
<b>2013</b>	Life Coaching Diploma
<b>2013</b>	CBT for Eating Disorders
<b>2013</b>	Developing Skills in Couple Work
<b>2012</b>	PTSD Master Class: Trauma Focussed CBT
<b>2011</b>	Counselling Skills Level 2
<b>2011</b>	Counselling Skills Level 1