



## Dr Fraser Smith

Bsc(Hons), PGDip, MSc, Psy.D, DPsych, CPsychol.

### Chartered Counselling Psychologist



Health Professions Council Registration: **PYL039185**  
British Psychological Society Membership: **368171**

Dr Smith is an HCPC registered counselling psychologist. He works with one to one and couples mental health in therapy and conduct expert witness clinical assessments. His experience has been primarily in the medico-legal field and has extensive experience in assessing claimants and constructing concise and professional clinical reports

Dr Smith has also undertaken a large number of extra projects and work to ensure he continually develops his skills and understanding of therapy and psychology. His passion for psychology has developed and he is often asked to speak at events with the British Psychological Society and other governing bodies across the country. He recently spoke at the 2019 TEDx Glasgow event as his opportunities and recognition as a speaker in psychology and mental health has grown. With numerous presentations, publications and my psychology online platform called GetPsyched, Dr Smith is fast becoming a recognised name in psychology across the United Kingdom, and worldwide.

Dr Smith's current knowledge and past experiences have made him passionate about helping others and being part of a team that facilitates and improves peoples mental and emotional wellbeing.

### AREAS OF SPECIALISM

- Medico Legal
- Trauma
- Personal Injury
- Assessing the impact of data breaches
- Assessing therapeutic needs
- Children and Young people
- Mental health

### PROFESSIONAL QUALIFICATIONS

2021	Doctorate in Counselling Psychology – Glasgow Caledonian University
2018	Counselling Psychology Masters Degree – Glasgow Caledonian University
2015	Graduate Diploma in Psychology – Glasgow Caledonian University
2012	BA Honours in Social Sciences – Glasgow Caledonian University

### WORK HISTORY

#### 2021 – Present Clinical Director and Counselling Psychologist – Psychology Scotland

- Work as a private counselling psychologist and as the director of Psychology Scotland where we provide the highest level of psychological support to private clients seeking mental health therapy

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**2021 – Present    Expert Witness – Apex Medico**

- Conduct phone consultations and conduct clinical assessments with claimants who have been victim to road traffic accidents, injuries at work and data breaches. My role is to assess the impact these events have had on their mental health and wellbeing.

**2017 – Present    Founder / CEO – GetPsyched**

- Started GetPsyched as a mental health and psychology online community in 2017. GetPsyched is a YouTube channel, website, blog and social media platform that communicated mental health and psychological content to the masses. Since then, GetPsyched has developed into more of an online platform reaching hundreds of thousands across the world and facilitating online courses and workshops.

**2019 - Present    First Psychology Assistance Managerial Developer – First Psychology**

- Working at First Psychology in a managerial development role with their therapeutic employee programme, First Psychology Assistance. In this role I am developing the therapeutic packages that First Psychology facilitate to organisations and their employees. I am in charge of constructing, developing, and distributing these packages to organisations throughout Scotland.

**2020 – 21            Counselling Psychologist – First Psychology**

- Private Counselling Psychologist seeing individuals for one-to-one mental health therapy from all different demographics

**2018 - 20            Psychological Therapist – First Psychology**

- Worked directly with the CEO of First Psychology, pitching a progression programme for counselling psychologist in training to obtain placement hours and to be involved in a development process through First Psychology, whilst also earning an income. As these discussions progressed, I assisted the organisation in developing this role where a total of 5 positions were created across Scotland for counselling psychologists in training. I was employed within one of these positions with First Psychology

**2017 – 18            Trainee Counselling Psychologist – The Spark Scotland**

- Started to undertake counselling psychology therapy sessions at The Spark as part of my required placement therapy hours for my doctorate in counselling psychology. I will be undertaking one to one therapy sessions with adults and young people that have a variety of mental health challenges

**2017 – 18            Trainee Counselling Psychologist - Lifelink**

- During my studies as a counselling psychologist in training, I undertook placement therapy hours with Lifelink. I conducted one to one counselling psychology therapy sessions with adult clients dealing with a range of mental health and depressive issues.

**2016 – 19            Psychology Seminar Tutor – Glasgow Caledonian University**

- Worked for the university as a part time seminar tutor for undergraduate psychology students. I facilitated seminar tutorials, primarily in statistics in psychology and social psychology with undergraduate students in different years of their degree.

**2016 – 18            Psychology Research Assistant – Glasgow Caledonian University**

- Also worked another part time job within the university as a research assistant. The focus of the research I worked on was antimicrobial resistance in humans and in pets. I worked alongside PhD graduates and doctors of psychology conducting systematic reviews of data and conducting IPA interviews that contributed to the research. I developed skills in data analysis and extraction via programmes such as Nvivo and Endnote. In addition to this, I have developed extensive experience in data base searches to conduct research for systematic reviews. Furthermore, I have also had the

opportunity to research and present findings on funding bodies in order to apply for potential grants for further research.

**2015 – 16      Assistant Psychologist – The Huntercombe Group**

- Responsible for conducting clinical therapeutic sessions with patients suffering from a variety of brain injuries. I was entrusted with implementing clinical work in accordance with each patient's rehabilitation plans. I worked directly under Clinical Psychologists and within a large multidisciplinary team that included nursing staff, counsellors and psychiatrists. The treatment I facilitated was focused on a person-centered approach, where every client was understood to have individual needs that I was responsible for meeting during sessions. Within this role I conducted vast amounts of qualitative and quantitative research on individual patients on a weekly basis. One piece of research I conducted has been recognised by the World Federation of Neuro-Rehabilitation that was presented at their annual conference in July 2016

**2013 – 15      Youth Development Worker – The Spark Glasgow**

- Responsible for the development and delivery of Anti-Sectarian, Tackling Violence and Anti-Bullying programmes to young people in primary schools, high schools and employment centres. It was vital for me to build trust and rapport with the young people I worked with to deliver the most effective programmes possible. Throughout these programmes I was responsible for collating qualitative and quantitative data to effectively assess the value of the sessions and any individuals who may have benefited from our counselling services. I also took on senior responsibilities in this position as I train new members of staff in facilitating the workshops.

**2014              Lifeworks Counselling Call Handler – Ceridian**

- Ceridian Lifeworks offers consultation support and counselling services for employees of companies signed up to Ceridian's Employee Assistance Programme (EAP). I was responsible for receiving calls and taking the details of the caller to establish their needs. Many of the calls were of a sensitive nature, especially those that were seeking counselling. This allowed me to gain a vast amount of experience in advanced empathy and establishing underlying emotions.

**2013              Clinical Office Administrator – The Spark Glasgow**

- This role was a great introduction into the counselling environment where I was given the opportunity to greet clients on arrival while also processing bookings and payments. I was also responsible for general administration work for different members of the organisation.

**2012 – 13      Support Worker – East Renfrewshire Council**

- My position with East Renfrewshire Council was a challenging and rewarding role that required me to assist children and young adults with additional support needs in a selection of after school programmes including; a football club, weekly trips to the gym and various additional excursions. I also worked during summer and Easter holiday periods to support daily events, activities and day trips designed for the children's specific needs and requirements. Many of the young people suffered from a variety of psychological and mental health disorders.

**VOLUNTARY POSITIONS**

2017 – Present    Psychreg Journal of Psychology Editorial Team Reviewer - Psychreg

2017 – Present    Member of International Conference Committee – Psychreg

2014 – Present    Youth Worker – Auldhouse Community Church

2017 – 19          Scottish Counselling Psychology Trainee Representative – British Psychological Society

2017 – 19          Division of Counselling Psychology Representative for the UK – Psypag

2016 – 17          Counselling Psychology Doctoral Student Class Representative – Glasgow Caledonian University

- 2014 – 15      Psychology Graduate Diploma Class Representative – Glasgow Caledonian University
- 2014 – 15      Psychology Telephone Counsellor – The Spark Glasgow

### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2017      Introduction to good clinical practice
- 2016      Managing Challenging Behaviour Certificate
- 2015      Transactional Analysis Foundation Year
- 2014      Training the Trainer Course
- 2014      Transactional Analysis 101 Course
- 2014      Safetalk NHS Suicide Alertness Training Course
- 2014      Online and Helpline Counselling course
- 2014      Relationship First Aid
- 2014      Mental Health First Aid (NHS Accredited)
- 2013      COSCA Counselling Skills Course
- 2012      Place2Be Child and Adolescent Counselling Training Course
- 2011      East Renfrewshire Advocacy Training Course

### **PUBLICATIONS AND PRESENTATIONS**

#### **Publications**

- 2019      Dickson, A.; Smith, M.; Smith, F.; Park, J.; King, C.; Currie, K.; Langbride, D.; Davis, M. and Flowers, P. (2019). Understanding the relationship between pet owners and their companion animals as a key context for antimicrobial resistance-related behaviours: an Interpretative Phenomenological Analysis. *Health Psychology and Behavioral Medicine (RHPB)*, 7(1) pp. 45–61.
- 2018      Smith, F. (2018). The use of self: towards an expanded critique and paradigm in counselling psychology. *Psychreg Journal of Psychology*, 2 (2) pp. 1-12. <https://doi.org/10.5281/zenodo.1787259>
- 2018      King C, Currie, K., Dickson, A., Smith, M., Smith, F., Flowers, P. Developing interventions to reduce AMR associated with companion animals: A multi-method examination of the existing evidence, UK-expert opinion and the perspectives of the pet-owning public, and companion animal vets. Glasgow: Glasgow Caledonian University
- 2018      Price L, Young, M., Gozdzielewska, L., Smith, F., Flowers, P. The effectiveness of interventions to increase antimicrobial stewardship amongst the public: systematic review and intervention development. Glasgow: Glasgow Caledonian University
- 2018      McParland, J. L., Williams, L., Gozdzielewska, L., Young, M., Smith, F., MacDonald, J., Langdridge, D., Davis, M., Price, L., Flowers, P. What are the active ingredients of interventions targeting the public's engagement with antimicrobial resistance (AMR) and how might they work?. *British Journal of Health Psychology*, In Press.
- 2018      Matt Smith; Caroline King; Mark Davis; Adele Dickson; Jeni Park; Fraser Smith; Kay Currie; Paul Flowers. Pet owner and vet interactions: exploring the drivers of AMR. *Antimicrobial Resistance & Infection Control*.

- 2017** Invitation to write a report on the benefit for students in attending conferences – distributed to counselling psychology training centres across the UK.
- 2017** The effects of praise on young people - PsyPAG Quarterly
- 2015** A comparative study of transactional analysis therapy and cognitive behavioural therapy - graduate diploma dissertation extract - Scottish Transactional Analysis Magazine (Strokes-ezine)

#### **Presentations**

- 2019** TEDx Glasgow keynote talk
- 2019** Presentation at the BPS counselling psychology annual conference 2019
- 2019** Keynote speech at the BPS early careers event
- 2018** Co-Ordinator and presenter at the 1<sup>st</sup> mental health bloggers conference in London – PsychReg and GetPsyched
- 2018** Keynote speech at the BPS annual inspiring careers event 2018
- 2018** Hosting this year's annual inspiring careers event 2018
- 2018** Speaking at an international conference on men's mental health in the Philippines – PsychReg
- 2018** Poster presentation on men's mental health - British Psychological Society Counselling Psychology Annual Conference (DCoP) 2018
- 2018** Men's Mental health and the stigmatisation of accessing therapy - Glasgow Caledonian University Counselling Psychology Mini-Conference 2018
- 2017** Poster presentation on the use of self in counselling psychology (winning 1<sup>st</sup> place in the poster competition) - British Psychological Society Counselling Psychology Annual Conference (DCoP) 2017
- 2017** Workshop on the scientist-practitioner model in counselling psychology - Glasgow Caledonian University Counselling Psychology Mini-Conference 2017
- 2016** Findings of research on patient at Murdostoun brain injury unit - World Federation of Neuro-Rehabilitation Annual Conference