



Thomas Sidebottom

B.A., G.Dip., M.Sc., P.M.Sc., C.Psychol.

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL20445**
British Psychological Society Membership: **158314**

Thomas Sidebottom is an experienced and registered Counselling Psychologist in private practice offering a range of psychological therapies including CBT and EMDR. He specialises in employment rehabilitation and recovery following accidents and illnesses. He has undergone extensive post-qualification training in a range of evidence-based psychological therapies. For fourteen years he worked as an NHS psychologist in community mental health services for adults with severe and enduring mental health difficulties, working with complex presentations and managing clinical risk. Since 2014 he combined this NHS role with independent practice in the north of England and has now moved into full time private practice. Thomas offers expert psychological care drawing from a high level of training and a broad range of clinical experience, honed over many years of practice in the NHS and the private sector. Furthermore, he is keen to expand his skill set to include work as an expert witness offering psychological assessment in personal injury cases.

AREAS OF SPECIALISM

- Counselling Psychology
- CBT, EMDR, Compassion Focussed Therapy and Schema Therapy
- Remote Psychological assessments and therapy for adults
- Anxiety Disorders
- Depression
- Trauma Presentations

PROFESSIONAL QUALIFICATIONS

- 2008** Post-MSc Diploma Counselling Psychology – University of Wolverhampton
- 2007** MSc Counselling Psychology – University of Wolverhampton
- 2003** Graduate Diploma in Psychology – Staffordshire University
- 2001** BA (Honours) Archaeology - University of Nottingham

WORK HISTORY

2017 – Present **Counselling Psychologist**

Lancaster and Morecambe Community Mental Health Teams, Lancashire & South Cumbria NHS Foundation Trust

2014 – Present **Practitioner Psychologist**

Private Practice

2011 – 17 **Senior Psychologist**

Anorexia Nervosa Intensive Service / South Lakes Community Mental Health Team, Cumbria Partnership NHS Foundation Trust

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

- 2010 – 11** **Counselling Psychologist**
South Lakes Community Mental Health Team, Cumbria Partnership NHS Foundation Trust
- 2009 – 10** **Counselling Psychologist**
South Lakes Community Specialist Psychological Therapy Service, Cumbria Partnership NHS Foundation Trust
- 2008 – 09** **Counselling Psychologist**
Community Eating Disorder Service, Lancashire Care NHS Foundation Trust
- 2007 – 08** **Counselling Psychologist in Training**
South Leeds CAMHS / Education Leeds

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2022** Postgraduate Diploma in Cognitive Behavioural Therapy for Psychosis – Greater Manchester Mental Health NHS Foundation Trust Psychological Therapies Training
- 2018** Compassion Focussed Therapy Training – Balanced Minds
- 2016** Training and Supervising Family Intervention in Early Psychosis – Meriden Family Programme / Birmingham and Solihull NHS Foundation Trust
- 2016** Family Intervention in Early Psychosis – Meriden Family Programme / Birmingham and Solihull NHS Foundation Trust
- 2014** Essential Knowledge of Psychometrics and Neuropsychology for Practitioner Psychologist – British Psychological Society
- 2013** EMDR Training Parts 1-4 – EMDR Extra / Cumbria Partnership NHS Foundation Trust
- 2012** CBT with Eating Disorders – Association for Psychological Therapies / Cumbria Partnership NHS Foundation Trust
- 2010** CBT for Psychosis parts 1-3 – Association for Psychological Therapies / Cumbria Partnership NHS Foundation Trust
- 2005** Diploma in Clinical Hypnosis – London College of Clinical Hypnosis
- 2005** Certificate in Counselling Skills – Wakefield College
- 2004** Certificate in Clinical Hypnosis – London College of Clinical Hypnosis