



Dr Abigail Gordon
DPsych, MSc, BSc (Hons.), MBPsS
Chartered Counselling Psychologist



Health Professions Council Registration: **PYL38947**
British Psychological Society Membership: **00277775**

Dr Abigail Gordon is a Chartered Counselling Psychologist registered with the Health and Care Professions Council and The British Psychological Society. She has developed expertise in the assessment, formulation, and treatment of psychological distress, anxiety, and depression.

As a Counselling Psychologist, she collaborates with each client and endeavours to tailor her approach to suit the needs of each individual in support of their goals. She works primarily within the therapeutic framework of the Psychodynamic approach and the Cognitive Behavioural Therapy (CBT) model.

She has extensive experience providing individual therapy to young people and adults in various community settings, including NHS primary care services and Higher Education institutions. She has over fifteen years of experience working in mental health with young people and adults from diverse backgrounds. I have worked with individuals experiencing difficulties with anxiety, depression, trauma, loss, bereavement, addiction, relationship issues, domestic abuse, racial trauma, university-related issues and work-related stress; this is not an exhaustive list of issues.

AREAS OF SPECIALISM

- Assessment of anxiety and depression
- Substance misuse
- Long-term health conditions
- Trauma, PTSD
- Trauma-informed practice
- Working cross-culturally with individuals from diverse ethnic, racial, cultural, religious, sexual, and social backgrounds
- Common and enduring mental health difficulties
- Life Transition and Adjustment Difficulties

CLINICAL EXPERIENCE

Nov 2022 – Present Practitioner Psychologist, CF Psychology

- Providing diagnostic SpLD assessments for university students comprising individual assessment work, a written report and answering follow-up questions from a client.

Nov. 2020 – July 2022 Black Student Counsellor, School of Oriental and African Studies (SOAS) University Counselling Service, London

- Conducting assessments and provided individual short-term contracts of 8 sessions of Psychodynamic, and CBT counselling to students of Black African, British and Caribbean heritage. Exploring personal and/or academic concerns central to the student's wellbeing.

Sept. 2020 – July 2021 Counselling Psychologist, EQUIP service (East London Foundation NHS Trust)

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- Provided psychological support to family members and people living with psychosis. Fixed term contract.

Dec. 2019 – Present Student Counsellor, University College London (UCL) Student Psychological Services

- Providing individual short-term contracts of 6 sessions of Psychodynamic and CBT counselling to students; counselling students from the Widening Participation Scheme for up to 20 sessions; carrying out assessments and exploring personal and/or academic concerns central to the student's wellbeing.

Nov. 2019 – May 2020 Student Counsellor, School of Oriental and African Studies (SOAS) University Counselling Service, London

- Provided individual short-term contracts of 8 sessions of Psychodynamic, CBT and CFT counselling to students; Exploring personal and/or academic concerns central to the student's wellbeing.

Oct. 2018 – June 2019 Honorary Trainee Counselling Psychologist, Ambrose King Psychosexual Service, London

- Provide short psychological support to adults who are experiencing current sexual difficulties such as premature, delayed ejaculation and painful sex; Provide psychoeducation around presenting conditions; Co-facilitate and attend MDT community meetings with HIV nurses; Attend teaching sessions with nurses and health advisers; Work with interpreters in sessions; Provide long term therapy for people living with HIV; Primarily used the Cognitive Behavioural Therapy (CBT) model, the Psychodynamic model and the Compassion Focused Therapy (CFT) model.

Sept. 2018 – June 2019 Associate Counsellor, School of Oriental and African Studies (SOAS) University Counselling Service, London

- Provided individual short-term contracts of 8 weeks of Psychodynamic, CBT and CFT counselling to students; Exploring personal and/or academic concerns central to the student's wellbeing.

June 2009 – Jan 2019 Counsellor, Crossroads Counselling Service, London

- Conduct assessments; Providing low cost short & long-term counselling to Adults working or living in Tower Hamlets; Use of a variety of counselling approaches, according to the client's needs: Gestalt, CBT, Person Centred, Psychodynamic and Transactional Analysis; Attend quarterly CPD days; Refer on to appropriate services, where necessary.

Sept. 2017 – Sept. 2018 Honorary Trainee Counselling Psychologist, Newham Talking Therapies, London.

- Provide short-term therapeutic contracts of Psychodynamic therapy within an IAPT service.

April 2015 – Dec. 2016 Honorary Trainee Counselling Psychologist, Integrated Psychological Therapies Team (Secondary Care), University Hospital of Lewisham, London

- Provide long term counselling to Adults, specifically in the area of trauma; Provide long term counselling, specifically in the area of trauma; Use of a variety of counselling approaches, however I primarily used the Cognitive Behavioural Therapy (CBT) and the Psychodynamic model; Counsel with interpreters present; Liaise with solicitors and the Home Office, particularly for clients who are seeking asylum in the UK.

March 2006 – April 2008**Counsellor, Hetherington Group GP Practice, London**

- Conduct assessments; Provide 6-12 counselling sessions for patients of the surgery; Give written outcomes of the sessions to the referring GP; Refer on to appropriate services, where necessary.

CLINICAL TRAINING

- 2016 – 2019** Professional Doctorate in Counselling Psychology (DPsych), University of East London.
- 2013 – 2014** MSc Counselling Psychology, City University London.
- 2005 – 2006** Diploma Humanistic Integrative Counselling, CPPD Counselling School.
- 2004 – 2005** Certificate Humanistic Counselling, The Gestalt Centre, London.
- 2001 – 2003** MSc Drug Use: Evidence-Based Policy & Intervention, Imperial College of Science, Technology and Medicine.
- 1998 – 2001** BSc Health Studies and Psychology, University of Surrey, Roehampton. .

WORK HISTORY:

July 2012 – Dec 2016 **Operations Manager, Beside Mental Health Community Project, London**

- Liaising with the Board of Trustees and key stakeholders in East London; Developing strategic plans for the charity; line managing a team of seven staff members; managing budget; reviewing the governance; consulting with the service users; compiling quarterly activity reports and daily operational responsibilities.

Nov 2015 – Mar 2016 **Information Helpline Adviser, Victim Support, London. Fixed Term Contract**

- Provide telephone support to victims or witnesses of crime in the UK; signpost callers to the appropriate service(s) in their local area. Victim Support delivers the telephone helpline service in partnership with the Ministry of Justice.

Oct 2007 – Sept 2011 **Service Manager, Blenheim Community Drug Project, Evolve Service, London**

- Further promotional post. Line managing & supervising a team of eleven staff members; managing Project budget of £500k; writing service policies & procedures; liaising with key providers in Southwark; Safeguarding Children Lead for organisation; auditing & compiling statistical data and managing staff performance. Reason for Leaving: Position ceased upon organisational restructuring, Sep 2011.

Feb 2005 – Oct 2007 **Team Leader, Community Drug Project, Evolve Service, London**

- Promoted from previous role. Supporting Manager in supervising eight staff members; facilitating daily operation of Project; carrying small caseload of clients; organising daily rota; facilitating group workshops; Child Protection Lead for the Project; helping Manager in preparation of data and reports for submission.

Jan 2004 – Feb 2005 **Project Worker, Community Drug Project, Evolve Service, London**

- Duties focused primarily on working with Adult crack users; daily tasks included conducting assessments; providing referrals to external agencies and other CDP services; facilitating drop-in sessions; group and key-work sessions and liaising with other professionals. Role also involved taking the lead for child protection cases.

Jun 2002 – Dec 2002 **Young Person's Drug Worker, Addaction, Volunteer Training Scheme, London**

- Provided generic support within the drug agency. Assessed and gave 1:1 key work sessions to a young drug user. Reason for leaving: Career Progression.

Jan 2002 – Apr 2002 **Arrest Referral Worker, The CADA Project, London**

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- Provided advice and support service. Assessed and referred clients to relevant agencies. Helped to develop the arrest referral service for young offenders.

MEMBERSHIP OF PROFESSIONAL BODIES

- Registered member of the British Association of Counselling and Psychotherapy.
- Registered member of the Health and Care Professions Council
- Graduate member of the British Psychological Society
- Chartered Counselling Psychologist