

**Dr Szerénke Kovács**

DCPsychol, MEd, BSc.

**Chartered Counselling Psychologist**



Health Professions Council Registration: **PYL35991**  
British Psychological Society Membership: **266293**

Dr Szerenke Kovacs is a HCPC-registered and BPS Chartered Counselling Psychologist, as well as a BPS Registered Supervisor, with over eight years of experience in independent private practice. She specialises in psychological therapy and assessment, with a strong focus on anxiety, trauma, and PTSD.

For a number of years, Dr Kovacs has worked closely with case management companies, receiving referrals for clients requiring specialist psychological support, particularly in the areas of anxiety and trauma.

She delivers evidence-based interventions tailored to the unique needs of each individual, drawing on approaches such as Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), and mindfulness-based therapies. Dr Kovacs is also fully qualified and trained to conduct ADHD assessments and provide formal diagnoses.

Dr Kovacs is experienced in developing and facilitating resilience-building and stress management workshops, as well as leading an 8-week Mindfulness Now training programme designed to support long-term mental wellbeing.

#### **AREAS OF SPECIALISM**

- Trauma
- Anxiety
- PTSD
- Complex Trauma

#### **PROFESSIONAL QUALIFICATIONS**

- 2012 – 2018** University of the West of England; Professional Doctorate in Counselling Psychology, BPS accredited, HCPC approved
- 2011 – 2012** University of the West of England; Certificate in Counselling Skills
- 2010 – 2011** Stonebridge Associated Colleges, Cognitive Behavioural Therapy; Cognitive Behavioural Therapy Diploma Level 5 with Distinction, NCFE Cognitive Behavioural Therapy Award
- 2008 – 2009** University of Bristol; 2009 – BPS accredited Master of Education in Psychology of Education with Merit, Faculty of Social Sciences and Law, Graduate School of Education, University of Bristol, Bristol.  
*Dissertation: Institutionally-raised adolescents' global self-esteem and perceived discipline styles of parent figures*
- 2005 – 2008** Babes Bolyai University; 2008- Psychology, B.Sc. (First Class Equivalent). Faculty of Psychology and Educational Sciences, Babes Bolyai University Cluj Napoca, Romania.  
*Dissertation: The development of leadership role amongst preschool-aged children*

## **WORK HISTORY**

**2016 – Present**    **Chartered Counselling Psychologist, RAPPS registered Supervisor and Qualified Mindfulness Teacher and EMDR therapist, ADHD Assessment and Diagnosis provider, as well as Qualified ADHD Coach at Independent private practice, working Remotely.**

**Age range: 16+**

**Specialism: Anxiety and Trauma**

Chartered Counselling Psychologist with over eight years of independent private practice experience. Specializing in psychological therapy and assessment, specializing on anxiety and trauma, and PTSD, offering evidence-based interventions including Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), and mindfulness-based approaches. Qualified and trained to provide ADHD assessment and diagnosis. Experienced in designing and delivering resilience-building and stress management workshops and an 8-week Mindfulness Now training programme.

I have also developed an online course, available for purchase titled "Embracing Yourself and Letting Go of Low Self-Esteem," featuring 33 lessons integrating CBT, Mindfulness, ACT, and Schema Therapy. The course includes practical exercises, self-reflection tools, mindfulness practices, and downloadable worksheets, offering 1-year access for self-paced learning.

### **Key Responsibilities:**

- Conduct psychological assessments and therapy for clients who self-refer, but are also referred by PLE Health and Onebright, addressing a range of mental health concerns.
- Specialize in CBT and EMDR to treat conditions including anxiety disorders, depression, phobias, OCD, PTSD, and self-esteem issues.
- Provide trauma-focused therapy for individuals dealing with sexual abuse, domestic violence, combat-related trauma, and crime-related distress.
- Deliver ADHD assessment and diagnostic services, creating tailored recommendations.
- Offering ADHD Coaching services, helping clients with Planning and Problem Solving, Time Management and Organization Tools, Emotion and Stress Management, tools for managing Attention and Concentration, Motivation Tools and Reward Management Communication and Self-Assertion Skills.
- Facilitate resilience-building and stress management workshops for corporate and individual clients.
- Design and lead an 8-week Mindfulness Now training programme to enhance mindfulness practice for individuals and groups.

**2016 – 2017**    **IAPT Therapist at Off the Record 2, Horfield Road, St Michael's Hill, Bristol,**

**Age range: 12-25**

**Issues presented: mild and moderate mental health difficulties**

- Conduct psychological assessments and deliver high- and low-intensity Cognitive Behavioural Therapy (CBT) and integrative psychological therapy for young people with mild to moderate mental health difficulties.
- Develop and implement collaborative treatment plans to address anxiety, depression, low mood, and social confidence issues.
- Support young people in building assertiveness, improving social confidence, and managing emotional challenges effectively.

**2013 – 2016**    **Wellbeing Advisor at Wellbeing Therapy Services, Second Step, Bristol**

**Age range: 18+**

**Issues presented: depression, anxiety, phobias, worry, self-esteem, anger, abuse, bereavement, domestic violence, eating disorder, health anxiety, obsessions and compulsions, panic, post-traumatic stress, self-harm, shyness and social anxiety, sleeping problems**

**Wellbeing Advisor role:**

- Deliver high-quality, high-volume, evidence-based stepped care primary psychological therapy services for patients with common mental health conditions.
- Provide time-bound, patient-centred, and outcome-focused therapies to achieve measurable improvements in health, well-being, and social inclusion. Consistently meet caseload and performance targets.

**Key Responsibilities:**

- Conduct patient-centred assessments, developing and reviewing treatment plans in partnership with patients to support clinical improvement and social inclusion.
- Provide brief, high- and low-intensity psychological treatments, minimally guided self-help, and evidence-based interventions focused on patient self-management and independence.
- Liaise with GP practices, primary care colleagues, and external agencies to ensure effective collaboration, guidance, and signposting to appropriate support services.
- Assess and manage risk, ensuring adherence to health and safety policies and recovery-oriented approaches.
- Maintain documentation, manage caseloads efficiently, and utilize clinical supervision and training to support professional development.
- Contribute to project work, policy development, and implementation, while fostering teamwork to optimize service performance and communication.

**2014 – 2015      School Counsellor at Mangotsfield School Specialist College in Engineering and Science  
Rodway Hill, Mangotsfield, Bristol**

**Age range: 11-18**

**Issues presented: Abuse, neglect, anxiety, peer pressure, stress, worry, self-esteem, family issues, sexuality**

**Key Responsibilities:**

- Deliver one-to-one, time-limited relational counselling for young people aged 11-16, adhering to the BACP Ethical Framework and maintaining a client-centred approach.
- Maintain accurate, confidential, and contemporaneous records and reports in line with professional standards.
- Ensure confidentiality is upheld across all aspects of counselling work, communicating with referral sources and relevant professionals as needed to support effective client care.
- Collaborate with school staff when appropriate to act in the best interest of the clients, while adhering to agreed referral mechanisms.
- Participate in training, staff development workshops, regular supervision, and mentoring meetings to ensure continuous professional growth.
- Promote awareness and enhance the profile of the school counselling service among professionals, young people, and parents.

**2014 – 2015      University Student Counsellor at University of the West of England Student Wellbeing  
Services, Bristol**

**Age range: 18+**

**Issues presented: Stress, worry, anxiety, relationship difficulties, sexuality issues, substance misuse, integration, depression, low-mood, self-esteem**

- The aim of the role is to provide one day per week one-to-one Integrative Therapy to students using the service.

**2013 – 2014      Staff Counsellor at Frenchay Hospital one day per week at Occupational Health Department,  
Frenchay, Bristol, Frenchay Park Road, Bristol**

**Age range: 18+**

**Therapeutic modality: Cognitive Behaviour Therapy**

**Issues presented: Loss, bereavement, relationship difficulties, abuse, violence, trauma, work related stress, anxiety, worry, self-esteem, health anxiety, obsessions and compulsions, panic, post-traumatic stress, self-harm, shyness and social-anxiety and sleeping problems**

**Key Responsibilities:**

- Manage a caseload of clients, providing short- and long-term counselling for NHS staff and external service users with a range of clinically treatable issues.
- Conduct thorough clinical assessments to design and deliver effective interventions, addressing complex and sensitive issues, including stress, depression, and risk of suicide.
- Adhere to an activity contract ensuring accessible and timely therapy delivery, minimizing waiting times.
- Maintain accurate clinical records and provide statistical data as required, ensuring compliance with Trust policies and procedures.
- Allocate time effectively for client sessions, supervision, research, and record-keeping while ensuring high standards of clinical care.
- Apply knowledge of various therapeutic models to deliver tailored, ethical interventions within a short-term counselling framework.
- Liaise with GPs, mental health professionals, and other NHS colleagues to coordinate client care.
- Maintain accreditation/registration with professional bodies and adhere to ethical frameworks such as the BACP Code of Ethics.
- Participate in professional clinical supervision and ongoing development to maintain areas of specialist expertise and professional competence.

**Specialist Expertise:**

- Skilled in managing stress, depression, and other workplace mental health concerns in a time-limited setting.
- Proficient in risk management, particularly with clients at risk of suicide or severe mental health challenges.

**2013 Volunteer Staff Counsellor – one day per week at ‘Transform Residential’, Nailsworth. Ruskin Mill College The Fisheries, Horsley, Gloucestershire**

**Age range: 18+**

**Issues presented: loss, bereavement, stress, worry**

**Key Responsibilities:**

- Provide short-term counselling to employees working with clients experiencing learning difficulties and mental health issues, fostering a safe, confidential, and supportive environment.
- Deliver therapy within a Relational Therapeutic Framework, tailoring approaches to meet individual client needs.
- Conduct thorough client assessments and formulate, implement, and evaluate therapy programmes.
- Effectively utilize managerial and clinical supervision, training, and staff development to enhance service delivery.
- Manage risk in accordance with organizational policies and procedures, ensuring client safety and well-being.
- Maintain accurate records and monitor client progress to inform therapeutic decisions.
- Contribute to the development of best practices within the service to improve client outcomes.
- Provide referrals to external organizations when additional support is required.

**2013 – 2014**      **Volunteer Counsellor one day per week at ‘Place 2 be’ (<http://www.place2be.org.uk/>), Windsor Clive Primary School Grand Avenue, Ely, Cardiff**

**Age range: 5-12**

**Issues presented: worry, family issues, abuse, neglect, violence, self-esteem, bullying**

**Key responsibilities:**

- Provide long-term, one-day-a-week therapeutic support for primary school-aged children, enabling them to express feelings through talking, creative work, and play.
- Apply an integrative therapeutic approach, incorporating psychodynamic counselling, client-centred therapy, and play therapy tailored to individual needs.
- Formulate, implement, and evaluate therapy programmes for children, ensuring their needs are at the core of service delivery.
- Maintain high standards of practice in alignment with employer, professional, and accrediting body guidelines (e.g., BPS).
- Collaborate effectively with team members, offering professional support and guidance within team supervision settings.
- Utilize managerial and clinical supervision, training, and staff development to enhance therapeutic practices.
- Manage caseloads, maintain accurate documentation, and ensure adherence to health and safety policies.
- Conduct risk assessments to minimize potential risks and make professional referrals when necessary to ensure comprehensive care.

**2011 – 2013**      **Bank Support Worker at BS Social Care, Creswicke House, Bristol**

**2011 – 2013**      **Bank Support Worker at St Christopher’s School (Bristol), Carisbrooke Lodge, Westbury Park, Bristol**

- Provided one-to-one support for young adults, adults, and elderly clients affected by autism, Asperger’s, dementia, challenging behaviour, and physical health needs across various organizations.
- Utilized strong problem-solving skills, adaptability, and a flexible approach to address individual client needs effectively.
- Fostered a supportive environment through encouragement, motivation, and the ability to remain calm under pressure.
- Demonstrated self-awareness, empathy, and a client-centred approach to promote well-being and independence.

**2009 – 2011**      **Applied Behavioural Analysis Assistant- with a mental disabled and autistic client**

- Worked in cooperation with the speech and language therapist and educational psychologist to support a mentally disabled and autistic adult, applying the principles of Applied Behavioural Analysis (ABA).
- Implemented individualized strategies to support communication, social interaction, and adaptive skills development.
- Collaborated closely with multidisciplinary professionals to ensure consistent and effective care, tailored to the client’s specific needs.
- Monitored progress, adjusted interventions, and provided feedback to the team to optimize outcomes for the client.

**2009 – 2010**      **Research and Development Assistant, University of Bristol, Graduate School of Education, Bristol**

- Contributed to a mixed methods study analysing National Student Survey responses and corresponding institutional reactions.
- Investigated how institutions adapt teaching and learning practices, systems, and processes in response to additional performance measures.

- Assisted in data collection, analysis, and interpretation, providing valuable insights to inform improvements in educational practices and policies.

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

2025	Essential Knowledge for Expert Witness - The British Psychological Society
2024	ADHD in Adults - Assessment and Diagnosis The Spectrum Clinic
2024	ADHD in Children - Assessment and Diagnosis The Spectrum Clinic
2024	ADHD Coach, with Distinction, Certified Excellence, Worldwide Accreditation, International Practitioners of Holistic Medicine (IPHM) and Complementary Medical Association (CMA) Accredited Course.
2021	EMDR Europe Standard Accredited Training, Level 4
2019	British Psychological Society approved Mindfulness Meditation Teacher Training, Mindfulness Now, The UK College of Mindfulness Meditation, Oxford

## **Further training courses and CPD**

- 07/03/24 Managing Difficult and Sensitive Conversations in Therapy Delivered by Prof. Cory Newman Bespoke Mental Health- 2 hours CPD
- 01/02/24 Use of expressive writing to combat mental and physical health problems Delivered by Prof. James Pennebaker Bespoke Mental Health, 1.1/5 hours of CPD
- 23/01/24 Brief Cognitive Therapy for Adolescent Panic Disorder Delivered by Dr Polly Waite 2.3/4 hrs CPD
- November 2023 Certificate in Stress Management and Resilience Building The British Psychological Society Approved- 42 hours of distance learning; UK College of Hypnosis and Hypnotherapy
- November 2023 Certificate in Cognitive Hypnotherapy The British Psychological Society Approved - 45 hours distance learning training; UK College of Hypnosis and Hypnotherapy
- November 2023 Certificate in Behavioural Hypnotherapy The British Psychological Society Approved - 45 hours distance learning training; UK College of Hypnosis and Hypnotherapy
- November 2023 Certificate in Evidence-based Hypnosis The British Psychological Society Approved - 45 hours distance learning training; UK College of Hypnosis and Hypnotherapy
- 07/12/2021 Completed all parts of the standard EMDR Europe Accredited Training Inclusive of the required Theory, Learning and Practicum of EMDR Therapy Teaching 24 hours, Supervised Practice 18 hours and 10 Hours Clinical Group Supervision over all parts
- 18/06/21 Completed a Part 1 EMDR Europe Standard Accredited Training 3 days of an 8-day training package Inclusive of 2 hours Clinical Supervision
- June 24-28, 2019, British Psychological Society approved Mindfulness Meditation Teacher Training, Mindfulness Now, The UK College of Mindfulness Meditation, Oxford
- May 10-13, 2017, New Directions in the Study of Alcohol Group Conference "Alcohol Anonymity – Still the nation's favourite drug?" New Directions in the Study of Alcohol Group, presenting doctoral research thesis Kovacs, S. 'On recovery from substance addiction through climbing: An interpretative phenomenological analysis' Available at <https://uwe-repository.worktribe.com/output/861797>
- November 24, 2016, Safeguarding adults foundation Level 2 Workshop by Michele Winter, Social Care Training
- September 22, 2016 Wider applications of attachment theory in Contemporary interventions Conference, University of Bristol
- September 23, 2016 Safeguarding and Child Protection at Off the Record, Bristol
- June 23, 2016 An introduction to the use of supervision in counselling psychology, University of the West of England
- May, 5, 2016 Working successfully in private practice, The British Psychological Society

- September, 2015 'Get out of your mind': Mindfulness and acceptance & commitment therapy' (7 hours)
- May 2015 An introduction to the use of supervision in Counselling Psychology, University of the West of England
- July, 2015 Improving Access to Psychological Therapies IAPT Supervisor Training Programme; 1 Day PWP Supervisor Training Day (6 hours)
- July 10-11, 2015 Division of Counselling Psychology Annual Conference 2015 Positive Approaches: Challenging Contexts, DCoP Conference 2015, 10-11th of July
- July, 2015 Safeguarding children and vulnerable adults, one-day training Second Step (6 hours)
- July, 2015 Suicide, Self-harm and self-neglect; one-day training at University of the West of England (7 hours)
- June, 2015 Theory and Practice of Supervision in Counselling Psychology, one-day training (7 hours)
- January, 2015 Quality in Qualitative Research and Enduring Problematics (7.5 hours)
- December, 2014 Rape and Sexual Assault- How to respond to disclosure (3 hours)
- September, 2014 UWE Psychology Postgraduate Conference (6 hours)
- January, 2013 Child protection- 1 day training at Place2 be (7 hours)
- April 29, 2013 Dr Lucy Johnstone: Formulation as an alternative to psychiatric diagnosis, University of the West of England, Bristol
- 2012- Recognising Abuse training- with BS Social Care
- 2012- Food hygiene training – with BS Social Care
- 2010- Management of Challenging Behaviour Two-day Course
- 2009- University of Bristol: Microsoft Excel 2007 Level 1: Getting started
- 2009- University of Bristol : Microsoft Excel 2007 Level 2: Making more of Excel
- Chartered Member of the British Psychological Society, General Member of the Division of Counselling Psychology; Membership Number: 266293
- Health and Care Professions Council (HCPC) registered Practitioner Psychologist, Counselling Psychologist, Membership number PYL35991
- EMDR UK Full Membership; Membership No. 176094

## RESEARCH

- Kovacs, S. (2018). *On recovery from substance addiction through climbing: An interpretative phenomenological analysis*. DCounsPsych, University of the West of England. Available from: <https://uwe-repository.worktribe.com/output/861797>
- Kovacs, S. (2017). *Recovering from addiction through climbing: an Interpretive Phenomenological Analysis study*. Oral Conference presentation at New Directions in the Study of Alcohol Group Conference "Alcohol Anonymity – Still the nation's favourite drug?" New Directions in the Study of Alcohol Group, 10-13th of May, 2017
- Kovacs, S. (2015). *Recovering from addiction through climbing: An Interpretive Phenomenological Analysis Study*. Oral Conference presentation at UWE Psychology Postgraduate Conference, 22nd of September, 2015
- Kovacs, S. (2015). *Climbing, well-being and mental health: an Interpretive Phenomenological Analysis Study of climbers' experiences*. Poster conference presentation at Positive Approaches: Challenging Contexts, DCoP Conference 2015, 10-11th of July
- Kovacs, S. (2014). *Climbing, well-being and mental health: an Interpretive Phenomenological Analysis Study of climbers' experiences*. Oral Conference presentation at UWE Psychology Postgraduate Conference, 23rd of September, 2014
- Kovacs, S., Grant, L., & Hyland, F. (2010). *Research papers in Education. A study of the use of the National Student Survey to enhance the student experience in Education Departments*. ESCcalate- Subject Centre for Education. Available at: <http://escalate.ac.uk/studentfeedback>
- Kovacs, S. (2010). *Book review of Martin, M. (2010). Building Classroom Success - Eliminating Academic*

*Fear and Failure. Continuum International Publishing Group. London. ESCalate- Education Subject Centre. Available at: <http://escalate.ac.uk/6816>*

- Kovacs, S. (2010). *Developments and discussions around the External Examining system in UK higher education*. ESCalate- Education Subject Centre. Available at: <http://escalate.ac.uk/downloads/7143.doc>