



Dr Holly Hart
DPsych., BSc (Hons)
Counselling Psychologist



Health Professions Council Registration: **PYL36370**

Dr Holly Hart is an experienced Counselling Psychologist (CPsychol) and a registered Practitioner Psychologist with the Health and Care Professions Council (HCPC). Within her practice, she offers confidential counselling and psychotherapy to individual adults, adolescents, children from aged 5, couples and families, who display a variety of presentations and levels of severity.

As a Counselling Psychologist, she works in a collaborative way with each client and endeavours to tailor the approach to suit the needs of each individual in support of their goals.

Dr Hart offers a variety of short-term and longer-term evidenced-based approaches including person centred therapy, cognitive behaviour therapy (CBT), Mindfulness, acceptance, and commitment therapy, and compassion focused therapy. As a counselling psychologist, her knowledge and skills facilitate thorough and empowering assessments, formulations and treatment plans, whilst striving to help the client realise their full capabilities and potential.

AREAS OF SPECIALISM

- Road Traffic Accident
- Child Welfare
- Family
- Mental Status Examination
- ADHD and Autism Assessment

PROFESSIONAL QUALIFICATIONS

- 2015 – 2018** DPsych in Counselling Psychology, Glasgow Caledonian University
- 2011 – 2015** 1st. Class (Hons.) BSc Psychology, University Of Stirling
- 2015** Diploma Certificate In CBT, Centre Of Excellence Online & Ianlpc
- 2015** Diploma Certificate In Counselling Skills, Centre Of Excellence Online & Ianlpc

WORK HISTORY

2021 – 2022 **CONSULTANT PSYCHOLOGIST & LEAD PROGRAMME DESIGNER | EDINBURGH CHILDRENS' HOSPITAL CHARITY**

Within this role, I design and lead the development of a resilience and wellbeing programme that will support children and families who are admitted within the hospital. The hope and aim is to be able to roll this programme out within the community, in order to support more children, young people and families with supporting and nurturing their mental health. This has been a challenging role, but also career enhancing. I have learned that I thrive within a collaborative dynamic leading a team and utilising my creativity and ambitious nature, in order to fulfil the clinical brief, but also inspire others to make a real difference within their lives.

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

2022 – Present OWNER & LEAD COUNSELLING PSYCHOLOGIST | HART & SOUL WELLBEING CLINIC

I currently own Hart & Soul Wellbeing Clinic in Dunbar, East Lothian, where we offer psychological and holistic therapies. I continue to offer one to one psychological therapy to children and adolescents. However, I also manage a team of practitioners who offer a variety of therapies and practices such as reiki, massage and crystal healings. I take full responsibility of marketing and advertising the clinic within East Lothian, with the hope of promoting health and wellbeing within families and our community.

2019 – 2022 COUNSELLING PSYCHOLOGIST | HAPPY HEARTS & CO. | ONE ALLAN PARK WELLBEING CLINIC

I offer one to one therapeutic support to children, adolescents and adults in my private practice, who display a variety of presentations and severity. I work in a collaborative way with each client and endeavours to tailor the approach to suit the needs of each individual in support of their goals. I offer a variety of short-term and longer-term evidenced-based approaches including person centred therapy, cognitive behaviour therapy (CBT), Mindfulness, acceptance, and commitment therapy, and compassion focused therapy. As a counselling psychologist, my knowledge and skills facilitate thorough and empowering assessments, formulations and treatment plans, whilst striving to help the client realise their full capabilities and potential.

2020 – 2021 SENIOR COUNSELLING PSYCHOLOGIST | CAMHS | NHS FORTH VALLEY

Based within children, adolescent mental health services, I work within a multidisciplinary team setting where we support children and young people with mental health difficulties, complex trauma and neurodevelopment difficulties such as Autism and ADHD. Within this role I offer short term intervention strategies, psychoeducation and cognitive behavioural therapy. I operate with a goal-focussed approach and support healthier transitions within their educational and social development.

Furthermore, I have been trained in the ADOS-2 and MIGDAS assessment approaches in order to assess Autism.

2018 – 2020 COUNSELLING PSYCHOLOGIST | CLINICAL HEALTH PSYCHOLOGY | NHS FORTH VALLEY

Based within clinical health, my role is to support individuals manage and cope with their ill-health in relation to diagnosis, treatment, adherence and recovery. Within this role, I use an assimilative integrative approach in support of the biopsychosocial formulation as to best achieve therapeutic aims and attain a better quality of life.

Moreover, within this role I deliver an acceptance and commitment course to support individuals in adjusting to their new life. This helps to create a meaningful experience, accept the changes and find compassion for themselves as to enhance positive experiencing and better quality of life.

2019 – 2020 COUNSELLING PSYCHOLOGIST | ADULT PSYCHOLOGY PRIMARY CARE | NHS FORTH VALLEY

In this role I offered one to one psychological therapy within the adult psychology service supporting a variety of presentations such as depression, anxiety and traumatic events. I utilised an assimilative integrative approach alongside a biopsychosocial formulation to help understand the individual and make sense of their current distress. This was a session limited approach whereby goal setting was vital to the efficiency of the work. In addition, I frequently drew upon follow up services such as Home Start and Women's Aid to further support clients who were in need of ongoing support.

CLINICAL TRAINING EXPERIENCE

2017 – 2018 NHSGGC Centre for Integrative Care

Within this setting, I worked with individuals with long term conditions to help enhance their health and quality of life. This work is underpinned by working with an integrative approach to harmonise the mind, body and soul with a main focus on the individual as opposed to the illness. I thoroughly enjoyed my work as I prize the therapeutic relationship to help promote the client's sense of self as we find the power within to overcome hardship they have faced in addition to managing their illness.

2017 – 2018 Cancer Support Scotland

With Cancer Support Scotland, I engaged with individuals affected by cancer, patient or loved one. Many struggle to cope with the stress and anxiety that follows diagnosis, the uncertainty they face and the uncontrollable changes upon their life. I thrived within this organisation as I offered techniques on how to cope and challenge their thought processes in order to feel more optimistic and positive about the future, whatever that may look like. Furthermore, the experience of working within a charity that has close links with the NHS has been invaluable in terms of experience of referrals and liaison with other professionals.

2016 – 2017 Sandyford Counselling and Support Services

Within this placement, I worked with individuals who were experiencing difficulties in terms of their sexual and emotional development. This placement provided me with fantastic experience of working with sensitive issues and how best to support the individual in a way that promotes their sense of self. I have also gained further experience of working within a multi-disciplinary team and working within a large organisation.

2016 – 2017 Crisis, Erskine

With Crisis, I offered compassionate support and assistance for adults, youth, couples and families dealing with a variety of issues such as relationship breakdown, bereavement, stress and illness. This role allowed me to offer support utilising the person centred approach or cognitive behavioural. Moreover, I have gained experience of working with a variety of presenting issues which highlighted the importance of supervision and self-awareness.

2016 – 2017 Lifelink

Within Lifelink, I worked with youth and adults by offering stress, mental and emotional management and support. This service aims to support individuals in making positive changes in their lives which improves their quality of life. By offering clients support on a 4/8 session model has provided me with the opportunity to operate within a time limited service. Moreover, this provided the experience of working with economic deprivation and factoring this into the biopsychosocial formulation to gain an understanding of a client's environment.

TEACHING EXPERIENCE

Anxiety Management in Cancer Care | Rainbow Valley

Within this workshop, I offer my knowledge and deliver brief skills training on anxiety management to those who have been or are affected by cancer. This requires explaining the biopsychosocial impact of anxiety on our lives, how anxiety can be triggered by cancer, and how best to cope with it. Moreover, in the session, I offer the opportunity for questions they have and I answer to the best of my ability and signpost where appropriate.

Mindfulness Based CBT 12 Week Course | NHSGGC Centre For Integrative Care

This course aimed to support those experiencing chronic illness and pain by educating them in mindfulness as a means of coping and improving their quality of life. This involved leading the group in mindfulness practice alongside teaching the key aspects of mindfulness through delivering workshop style presentations. Each week, homework was assigned and an open forum was conducted as to gain feedback from the group on the experience and impact of the course.

Research Methods Seminar Tutor | University Of Stirling

Within this role, I hosted weekly seminar tutorials for 2nd year psychology students undertaking the research methods statistics module. Each week, I would teach a different statistical analysis method and subsequent homework followed. A significant learning from this role, was to be sensitive to different learning styles and speeds. Therefore, as a teacher I operate an open and warm approach as to allow students to feel comfortable in coming forward if they are struggling with their learning. Furthermore, I marked online homework and assessments weekly and held opportunities to discuss feedback individually with students as to ensure they felt supported.

Study Support Tutor | University Of Stirling

Within this voluntary role during my final year of my undergraduate degree, I held fortnightly drop in sessions for first year psychology students. This was an entrepreneurial idea with my research partner, as we wanted to share our knowledge and experience of writing at an academic level. Each session was designed to help plan and structure essays, lab reports and exam preparation. This was a rewarding role and provided great experience of educating and communicating psychological ideas but also developing compassion towards students.

Dance Teacher | Dance Republic & Dance Glasgow

Having been a dancer for 24 years, I gained my professional associate diploma in stage from The British Association of Teacher of Dancing in 2016. This has allowed me to become a qualified teacher, which I thoroughly enjoy. At present, I teach ballet to the youth students of Dance Republic monthly where I feel, I offer a sensitive approach to classical training in addition to providing a role model for the students. Furthermore, I offer an adult and pensioners tap class within Glasgow. This provides an alternative experience to teaching youths as I am more mindful of health conditions. However, it is a very joyful and fulfilling role.