**Working with a Psychotherapist**

It is important to feel comfortable with the therapist you work with. I understand you may want to know a little more about me before deciding to work together. The right person to support you is essential, and research has shown that it is the relationship between the therapist and client that creates a foundation for lasting effect.

My interest in counselling and psychotherapy started in 2003, and has developed with extensive training and practice over the years. I believe the therapy relationship and empathic environment offers an opportunity for meaningful change and growth. My personal experience is that being deeply heard, seen and understood can be profoundly transformative. I feel privileged to be offering this work and assisting each person along their unique path in life.

**My Professional Background**

I have a background in medicine, and I graduated from the University of Cape Town in 1998 (MBChB). My work experience is broad and varied - both locally in South Africa and overseas in New Zealand and Scotland. I have worked in the following fields: general practice, surgery, internal medicine, psychiatry, orthopaedics, trauma, community health care and integrative medicine in the NHS, UK. This experience is incorporated in my counselling and psychotherapy practice, which brings a depth of sensitivity and insight into my work.

**Qualifications**

* Bachelor of Medicine and Bachelor of Surgery Degree, University of Cape Town.
* Master’s Degree in Mindfulness-based Psychotherapy, Middlesex University, London.
* Post-graduate Certification in Counselling, South African College of Applied Psychology, Cape Town.
* Diploma in Relational Mindfulness, Karuna Institute, Devon, United Kingdom.
* Certification in Traumatic Stress Studies, The Trauma Center at Justice Resource Institute, Massachusetts.
* Mindfulness-based Stress Reduction Training for Health Care Practitioners, New York.
* EMDR Level 1, Cape Town.
* Interpersonal Neurobiology - one year distance learning training, Mindsight Institute.

**Professional Memberships**

* Health Professions Council of South Africa
* South African Medical Association
* Association of Core Process Psychotherapists UK
* Cape Town Psychoanalytic Self and Relational Psychology Group
* International Association of Trauma Professionals
* The International Association for Relational Psychoanalysis and Psychotherapy
* PainSA

**HPCSA Registered**

*I work in accordance with the Health Professions Council of South Africa’s ethical principles and code of professional conduct. I attend supervision with a senior accredited practitioner, and these sessions are strictly confidential and anonymous. Your personal details are protected according to the POPI (Protection of Personal Information) Act of 2013. I participate in regular continuing education events, and am committed to ongoing professional development.*

**(HPCSA LOGO INSERT)**