

I am an Integrative Psychotherapist and Supervisor with a Masters Degree in Integrative Counselling and Psychotherapy with excess of ten years of clinical experience. I work both long and short-term in a solution focussed way, and in open-ended therapy. I use psychodynamic concepts to think about my work, but my modality integrates a range of humanistic and body-oriented theories. I hold a certificate in the innovative psychotherapeutic technique, Pessio-Boyden System, including it into the range of modalities I practice.

In addition to running a private practice I am an associate psychotherapist in The London Psychiatry Centre and in two Swiss VIP clinics, Paracelsus and Calda clinics.

Having worked for Women's Trust for many years as a psychotherapist and a supervisor, I have an extensive expertise in dealing with relational and especially domestic violence issues. I currently work as a supervisor in organisations, which support disadvantaged families. Through my practice alongside the Swiss clinics, I gained expertise in addressing addictions to alcohol and eating disorders.

Previously I worked in the fields of art and history of art.

COUNSELLING/PSYCHOTHERAPY EXPERIENCE

- Mar 2021 – on-going **Family Lives** Clinical Supervisor
- *Providing supervision for two groups, monthly*
- Dec 2019 – on-going **Paracelsus Clinic** Associate Psychotherapist
- Jul 2018 – on-going **Developing and running workshops on personal development**
- Mar 2015 – on-going **The London Psychiatry Centre** Associate Psychotherapist
- May 2015 – on-going **Calda Clinic** Associate Psychotherapist
- Mar 2013 – on-going **Private and Organisational Supervision** Integrative Supervisor
- *Running two groups of four supervisees fortnightly*
 - *Providing written assessments*
 - *Providing one-to-one supervision, agency funded, monthly*
- Sep 2013 – Mar 2017 **Woman's Trust** Person-Centred Supervisor
- *Provided supervision for four groups, fortnightly*
 - *Attended monthly meetings with line manager, and Woman's Trust supervision forum, quarterly*
 - *Provided assessments and recommendations*
- Jan 2013 – on-going **Private Practice** Integrative Psychotherapist/Counsellor
- *Providing one-to-one psychotherapy*
 - *Providing psychotherapy for couples*
- Sep 2004 – Mar 2017 **Woman's Trust** Counselling Assessor, senior consultant
- *Undertook up to five assessments per week*
 - *Provided written assessments and recommendations*
 - *Wrote the regulatory documents as a member of Ethics and Practice committee*
- Apr – May 2008 **Moscow Psychiatric Clinic of the North Area of Moscow** Individual Adult Psychotherapist, Volunteer
- *Worked with five clients a week with a range of mental health issues, all referred by a psychiatrist*
- 2004 – 2007 **Training Clients** Integrative Psychotherapist
- *Worked with two long-term clients, 70 and 200+ sessions each*
 - *Weekly small group supervision (Integrative, 2 hours)*

EDUCATION & TRAINING

2016 – 2019	Pesso Boyden Training Institute UK <i>Certificate in Pesso Boyden System of Psychotherapy</i>
2014	Spirit Project for Target Health <i>Certificate in Supervision</i>
2010 – 2012	Inter-Action <i>Advanced Certificate in Relationship Therapy</i>
2002 – 2009	Minster Centre, London <i>MA in Integrative Counselling & Psychotherapy</i>
2000 – 2003	London School of Counselling and Psychotherapy <i>Certificate in Counselling and Psychotherapy</i>
2004	Woman's Trust <i>Certificate In working with Domestic Violence Issues</i>
1981 – 1987	Moscow Architectural Institute <i>MA in architecture and History of Art</i>

I am committed to extending my knowledge and challenging my thinking by reading widely and attending conferences and lectures. In summer 2009 I took an introductory course in hypnotherapy in London College of Clinical Hypnosis. I have enhanced my training by taking additional courses in CBT in Oxford Cognitive Training Centre (2009) and a Relationship Therapy course with Juliet Grayson. In 2013 I became a certified Supervisor. Having been very interested in Pesso-Boyden technique, I went through three years of formal training and became a certified practitioner.

My Masters dissertation was titled, "Making Room for Money"; it explored a wide range of issues, which arise in therapy in relation to money. This topic reflected my interest in psychology of people with "new money".

As my formal training is in history of art and architecture I draw and paint in my free time. I also translate books from the field of neuroscience from English to Russian.

OTHER

I currently hold a DBC check for the London Psychiatry Centre.

REFEREES

To be provided on request.