



Eating Disorder Support Services

Counsellor Profile Form

Name: Jenny Collard
Phone: 07815689024
Email Address: jenny.collard@rhcp.org.uk

Counselling Qualifications, Experience and Approach To Eating Disorders:

I am an experienced UKCP registered Integrative Psychotherapist, Accredited DBT Practitioner and Clinical Supervisor offering a confidential service in Leicester and Narborough, South Leicestershire alongside my role as Practice Director at the well-established Rutland House Counselling & Psychotherapy Ltd in Leicester city centre.

How I work

I work predominately with adults wishing to engage in mid to long-term therapy with a view to understand underlying and/or historical causes to presenting problems or symptomology. I aim to work closely with my clients to establish a relationship in which we work together to come to understand why the client thinks, feels and behaves the way they do. With regards 'eating disorders' or 'disordered eating', the therapy will often explore the relationship the client has with food and what functions over, under or obsessive eating has come to serve for them. I believe a therapy that gives rise to self-insight along with some helpful information, techniques and compassion will give rise to the possibility of choice and change. This, I believe allows the client to move from who they have become towards who they want to be.

My Training and Experience

- MSc Integrative Psychotherapy (Relational Developmental)
- BA (Hons) Creative Expressive Therapies
- Diploma in Cognitive Behavioural Therapy
- Diploma in Clinical Supervision
- Level 3 Accreditation in Dialectical Behaviour Therapy (DBT)

I have worked in various settings over the years including; NHS Forensic Mental Health services, International aid projects, Voluntary sector projects, University Higher Education Student Support Services and now as Director of the large independent practice [Rutland House Counselling & Psychotherapy Ltd](#). As such, I have a wealth of experience working with clients who present with various issues.

Address:

80 Forest Road,
Narborough
Leicestershire
LE19 3EQ



Eating Disorder Support Services

Counselling Qualifications, Dates and Qualifying Organisation:

- MSc Integrative Psychotherapy (Relational Developmental) – Sherwood Psychotherapy Training Institute 2012
- BA (Hons) Creative Expressive Therapies – University of Derby 2005
- Diploma in Cognitive Behavioural Therapy – Online Academies 2015
- Diploma in Clinical Supervision – The Centre for Personal Development 2016
- Level 3 Accreditation in Dialectical Behaviour Therapy (DBT) – Association for Psychological Therapies Level 1& 2 2016 & Level 3 2017

Membership Of Professional Body (e.g BACP) Inc. Dates:

UKCP since 2012

BACP since 2012

Counselling Models Used:

Integrative, Psychodynamic, Creative Therapy, DBT. (also trained in CBT but less favoured approach to working with eating disorders).

Counselling Experience:

NHS Forensic Mental Health services (2007- 2010 – Therapeutic Arts Facilitator)

International aid projects, (2005 – 2006 – Researcher and Creative Arts Therapist)

Voluntary sector projects (2010-2012 – Counsellor with female offenders)

University Higher Education Student Support Services (2010 – 2011 – Counsellor)

Rutland House Counselling & Psychotherapy Ltd. (2011 – Present – Director, Psychotherapist, Supervisor)

Specific Training / Experience Relevant to Eating Disorders:

Eating Disordered studied as part of MSc

Also specialist training in Binge Eating Disorder and Food Addiction (12 Steps Model)