



Eating Disorder Support Services

Counsellor Profile Form

Name: Patricia Downing
Phone: 07707 418851
Email Address: Patricia@space4you.org.uk

Counselling Qualifications, Experience and Approach To Eating Disorders:

MA in Integrative Psychotherapy and Counselling
BACP Accredited since 2009
Fully trained Mindfulness Practitioner (on the Mindfulness Teachers Network
mindfulnesssteachersuk.org.uk)
EMDR Training (Part 1 completed)

I have a broad base of counselling experience over the last 12 years, including working with eating disorders. My approach is integrative, including a wide range of theories and I aim to bring to each client what feels most useful to them. As well as some of the key markers or issues related to eating disorders, there will be an individual story to explore. It may be that goals and practical issues are part of the work, or there may be trauma or past influences to process. Mindfulness can be a part of the sessions, or EMDR if appropriate. I facilitate the 8 week MBCT course, so there is also an option to complete that on a one to one basis. Mindfulness training offers the possibility of changing the relationship with thoughts (to become less identified with them over time), to develop greater self-compassion and ways of being more present in the moment.

Please phone or email for a no obligation chat to find out how Mindfulness might help you.

Counselling Qualifications, Dates and Qualifying Organisation:

Mindfulness Teacher Development Training, January and July 2012
Dr Patrizia Collard, Stress Minus, London (trained to deliver MBCT)

MA Psychotherapy & Counselling, Regent's College, London
(Completed course Dec 2006, awarded 2009 on completion of dissertation)

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

BACP Accreditation since June 2009 (membership no. 602676)

Counselling Models Used:

Integrative

Counselling Experience:

I am comfortable working with clients with mild-moderate eating disorders having done some counselling with Balanced MK clients when there was a partially funded service (Feb 2012 – April 2013)



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I am currently counselling with Adoption Plus on their service for Birth relatives whose children are being adopted.

Past work:

CCC – Sexual Assault Service (SASS) – Nov 2011 to April 2013

CCC- PCT Service Counselling and assessments – Dec 2011 – Dec 2012 and previously 2008 -2009

CCC – Trauma Service (2008/9 and again 2012)

Milton Keynes College – counselling students 2009 – 2011

CCC – parent counsellor with CHATS service and then Affordable Service (2007 -2009)

MK Mind Farthing House – 2005 to 2010

Specific Training / Experience Relevant to Eating Disorders:

Experience of working with eating disorders at MK College and Balanced ED MK

Reading relevant literature