Curriculum Vitae

Jo Lucas

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Overview.

I was a NED and SID at Cambridge and Peterborough Community and Mental Health Trust for 8.5 years. I have been practicing as a psychotherapist for the last 10 years.

Prior to that I worked in the mental health system in a wide range of roles for my entire career, starting as a nursing assistant in Fulbourn Psychiatric Hospital on a therapeutic community for adolescents, working in a number of residential settings for people with mental health problems as a social worker, running community projects from a local Mind, training ASW's (as they were then) and supporting the development of local authority mental health services, campaigning for improvements in policy and practice and supporting community projects from national Mind. Then for 10 years I worked across central and eastern Europe. Initially I lived and worked in Ukraine setting up a school of social work and supporting the growth of the voluntary sector in mental health there. I then ran a small UK based NGO supporting mental health user groups to develop self help, policy initiatives and employment programmes across the region.This entailed working closely with both professionals and users and their families supporting them to initiate changes in their mental health systems. Then I established a freelance consultancy working on a range of projects across central and eastern Europe mostly in the field of mental health and social work.

Experience.

Cambridgeshire and Peterborough NHS Foundation Trust 2014 to 2022

Responsibilities and achievements

Non Executive Director .

Senior and Independent Director . Carrying out the Chair assessment each year and being involved with a lot of recruitment.

Chair of 'Living With, Living Well' board, creating relationships with local community organisations and actors.

Chair of Charitable Funds Management Panel,

People,Safety and Quality member, stepping in for Chair when needed.

Remuneration committee member.

Regular attender and presenter at the GGI Ned Networking meetings. Learning about what other Trust are doing and making contact with other NEDs nationally.

Championing active involvement of users and carers in all Trust activities.

Supporting the development of Peer workers.

Championing improvements in the quality of food and the establishment of a food steering group.

Chairing the Charitable funds committee which grew from 1 team member to 3, and became a significant actor in the Trust.

Carrying out service visits, getting to know staff and be a visible channel between the staff and the Board

Integrative Psychotherapy Cambridge and Cambridge Counselling Service 2011 to present

Therapist, Supervisor and coach

Responsibilities and achievements

I see a wide range of clients in my private practice, most of whom refer themselves from the various websites and a growing number of whom come recommended by friends. My practice grew as I reduced my freelance career so initially I was part time in both and now I only practice as a psychotherapist.

I supervise a number of experienced and trainee counsellors and therapists.

Developing my professional skills and profile through training and networking.

Vice Chair of UKCP (one of the national accreditation and regulatory bodies) to Spring 24, member of their Adjudication Committee, which considers professional complaints and previously the International Committee.

Fibonacci Associates 2004-2015

Freelance consultant. Writing and managing two EU funded projects working with 6 universities in 5 countries. Developing effective collaborative relationships nationally and internationally. Evaluations of other EU funded contracts, evaluations of Mental Health Europe's work programme, a review of social care services for people living with HIV/AIDS in Ukraine, developing and implementing a research training programme with CEIMH Birmingham University, and designing and facilitating a series of workshops for carers of people with mental health problems for community groups in Northamptonshire.

Education and training

MSc Integrative Psychotherapy 2008-2014
Metanoia Institute/Middlesex University

The development of social enterprises
School for Social Entrepreneurs, London. 2002 -2003,

MSc Integrative psychotherapy 1st yr 1993/4
Metanoia Institute/Middlesex University

Research Diploma in Social Policy 1984-1986
City of London Polytechnic (Now London Metropolitan University)

MSc Social Policy and Social Work & CQSW 1981-1982
London School of Economics

BA Hons. Psychology and Sociology 1978 -1981
City of London Polytechnic

Numerous short courses on psychotherapy therapy approaches, management skills and leadership, social return on investment, group work, mentoring and organisational development, mental health and wellbeing, NGO development, and training for trainers.

A wide range of CPD courses on working with trauma, developing relational skills, working with shame etc, supervision and coaching skills.

Previous Employment

Director, Hamlet Trust 1998 - 2004

Supporting the development of mental health service user led self-help advocacy and employment projects with people with experience of mental health problems and the related professionals across Central and Eastern Europe. Support, training and consultancy around organisational development and mental health policy. Project development and writing and fundraising. Managing a staff team and running a small grant programme. Reporting to the board of Trustees. Managing a budget of around £250,000.

Project Manager and Senior Lecturer 1995 -1998

Developing social work and social policy, Kyiv Mohyla Academy, Ukraine Initially LSE and later APU. EU funded Tempus project. Project management. Writing and teaching social work courses, managing the local implementation of the project. Working with Government and policy makers to support the recognition of the profession of social work. Inviting and supporting staff for the UK to contribute in Ukraine. Writing reports to the EU funders. Raising funds to continue to the programme and support the development of NGOs locally.

Consultant -UK and Slovenia – 1991-1998

Contracts for EU programmes, DFID, Sainsbury Centre for Mental Health and local authorities

Developments Director & Regional Director Mind South East 1988 -1994
National Mind

Monitoring and Development Officer, Mental Health 1986-1988
Hillingdon Social Services

Project Officer, Kensington and Chelsea Mind 1984-1986

Senior Care Officer, Psychiatric Rehabilitation hostel 1982-1984
Islington Social Services

Assistant Officer in Charge & Residential Care Officer 1976-1978
Hackney Social Services

Nursing Assistant, Young Peoples Unit 1973-1975
Fulbourn Psychiatric Hospital, Cambridge

Voluntary roles

UKCP Trustee and Vice Chair

UKCP adjudication panel 2020-22

UKCP International Committee 2017-2019

Mind in Cambridgeshire
Trustee and Chair of the Board 2014-2019

Peter Bedford Housing Association 2005-2010
Trustee and Chair of the Board

The BEARR Trust 2006-2011
Board member