Peter Gregory
[redacted]

Curriculum Vitae

UKCP: Registered Psychosexual Psychotherapist. Registration number 950313.
COSRT: Senior Accredited Member. Number 1239.
COSRT: Registered Supervisor.

Personal Statement

I am an experienced psychotherapist used to working to high standards of ethical practice. I have a collaborative approach that contributes to motivating teams in successfully implementing organisational policy.

In providing psychological therapy I develop a safe, therapeutic relationship with the client or couple and then use approaches to help create positive change.

Professional Experience and Significant Achievements

Psychotherapist in Private Practice: 2008 to present
Provision of a range of psychological therapies for those referred by GP, medical insurers and self-referral. Treatment of conditions including depression, anxiety, OCD, trauma, bereavement and loss, sexual and relationship difficulties, couples and affairs, couples and anger. I am trained to work with couples and individuals. Provision of clinical supervision. Workshop presentations.

Advocare: Caring for Carers: 2011 to 2018
Trustee. Advocare was a registered charity that aimed to help carers cope with caring. I was asked to become a trustee to provide expertise in working with statutory bodies (health and social care).

COSRT (College of Sexual and Relationship Therapists): 2008 to 2013
Chair of Professional Standards Board with responsibility for the Assessors Panel (Therapist Standards) and Ethics Committee. I was also on the Management Board. In this role I was responsible for ensuring standards were developed to meet the requirements of government and professional bodies.

Psychological Therapist in Primary Care 2000 – 2009
Hampshire Partnership NHS Trust
Development of service, including writing operational policy. Establishing clinics in GP practices. Assessment and provision of psychological therapy for patients with common mental health problems referred by GPs and Adult Mental Health. Providing training to staff. Development of effective professional relationships with Social Services, voluntary sector and Adult Mental Health (Psychiatric services). Use of assessment questionnaires.

Psychosexual Psychotherapist and Supervisor 1997-1999
Portsmouth Hospitals NHS Trust, Sexual Health and Infertility Clinic
Provision of therapy to patients referred by an Infertility Clinic and GUM. I also provided clinical supervision to trainees.

Psychosexual Psychotherapist **1996 – 2006**
Dorset Healthcare NHS Trust
Assessment and provision of therapy for individuals and couples referred by GPs, Adult Mental Health and psychology service. Work on research projects.

Early Career Summary
Prior to training to be a therapist at the University of Southampton in 1992, I was a Project Manager in the building services industry. I was responsible for all aspects of complex multi-disciplinary projects in achieving strict deadlines for completion within budget. I undertook management training in leadership skills, effective meetings, managing budgets, contract law, planning and project monitoring.

Additional Information
I presented workshops to mental health practitioners on topics including:

- Bereavement and Loss.
- Mindfulness.
- Couples, Sex and Therapy
- Partner Awareness and Couple Therapy.
- Psychosocial Change and Illness.
- Self-preservation for therapists.
- Thinking about Forgiveness
- Affairs and internet infidelity (Emphasis on couple therapy).
- Anger: its meaning and management (Emphasis on couple therapy).
- Is the relationship repairable? (Emphasis on couple therapy).
- Switching off, switching on: dissociation and couples.
- Body image: presentations in a psychosexual clinic.
- Dissociation.

Education
MA(Ed) University of Southampton, 1996.

- Psychosexual Therapy
- Cancer Health Education
- Bereavement and Loss
- Dissertation.

Diploma in Psychosexual Counselling and Therapy (1995)

Publications:

- Article in Nursing Standard, 18 August 1999 'Psychosexual Therapy'.
- Article in Nursing Standard, 15-21 November 2000, 'Patient assessment and care planning: sexuality'.

Other:

- Former lecturer on YMCA Southampton psychodynamic counselling course.