

# DR CHRISTIAN BUCKLAND

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## PERSONAL STATEMENT

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An empathetic and UKCP accredited psychotherapist, experienced within multidisciplinary teams consisting of consultant psychiatrists, psychologists, psychotherapists, dieticians and nurses as well as proficiency in individual working. In addition to general psychotherapy, Christian has a special clinical interest in the assessment, treatment and management of eating disorders.

In addition to clinical roles Christian has strong business and management skills with extensive experience in the management and marketing of psychiatric hospitals and the startup of dedicated mental health services.

## EDUCATION

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<b>2012 – 2015</b>	Roehampton University, Roehampton Lane, London Doctor of Psychology (PsychD) in Psychotherapy and Counselling
<b>2012 – 2014</b>	Roehampton University, Roehampton Lane, London Advanced Practitioner Programme
<b>2009 – 2012</b>	Roehampton University, Roehampton Lane, London Master of Science (MSc) Counselling and Psychotherapy (Converted to PsychD)
<b>1999 – 2000</b>	Buckinghamshire Chilterns University, Chalfont St Giles, Bucks BA (Hons)
<b>1997 –1999</b>	The Henley College, Deanfield Road, Henely, Oxon HND
<b>1995 –1997</b>	The Henley College, Deanfield Road, Henely, Oxon GNVQ
<b>1990 - 1995</b>	Presentation College, Southcote Lane, Reading, Berkshire 10 GCSE's at Grade C and above

## WORK EXPERIENCE

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**February 2013 – Present    Wokingham Psychology**  
***Clinical Director and Psychotherapist***

- Management of the day to day running of the clinic. Duties include triage of all referrals and allocation of patients to most appropriate clinicians, overseeing the running of group supervision and MDT meetings.
- Providing short term counseling and long term psychotherapy for all aspects of mental health.

- Part of a private eating disorder multidisciplinary team led by an ED consultant psychiatrist. Part of a private CAMHS multidisciplinary team led by a CAMHS consultant psychiatrist.
- Designing and facilitating the education and training programme for mental health professionals.
- Responsible for the website designs, social media accounts and other online activities.

**December 2014 - Present    Anorexia Bulimia Care**

***Professional Psychological Advisor***

- Providing professional input into written and online resources.
- Professional speaker at national events
- Liaising with CEO and stakeholders to implement new local strategies and national initiatives.

**July 2020 – Present    Southern Association for Psychotherapy and Counselling  
*Chair of Digital and Social Media***

- Writing of policies relating to online and social media. Reviewing other policies.
- Design, building and implementation of the website for SAFPAC Frontline providing free emotional support for frontline workers
- Attending Council of Management Meetings.

**September 2016 – 2019    Holme Grange School**

***Mental Health Advisor***

- Providing professional advice in relation to the emotional and psychological wellbeing of pupils and parents within the independent school
- Provided external psychological content and professional speaker for the Wellbeing and Resilience Conference 2018
- Assessments for pupils and parents and referrals to appropriate services.

**Feb 2015 – April 2017    Berkshire NHS Foundation Trust**

***Eating disorder psychotherapist***

- Triage and assessments for referrals made into the Berkshire Eating Disorder Service.
- Individual psychotherapy with patients presenting all aspects of eating disorder presentations including anorexia nervosa, bulimia nervosa and binge eating disorder.
- Clinical lead for the Eating Distress & Dietary Chaos group programme.

**October 2010 –April 2013    Van Huysteen Ltd**

***Marketing Director & Psychotherapist***

- Responsible for the management and marketing activities at the psychiatric consulting rooms in Devonshire Street, London. Built and maintained clinic website
- Provided individual psychotherapy.

**Nov 2009 – Feb 2013    Woosehill Medical Centre    Wokingham, Berkshire**  
***Counsellor & Psychotherapist (placement & part time)***

- Working within a Medical Centre receiving referrals from GPs and psychiatrists.
- Time limited counselling consisting of 6 -10 sessions & long term psychotherapy.

**March 2008 – Jan 2010    The Priory Group    Roehampton, London**  
***Regional Marketing Manager (London & SE)***

- Responsible for the marketing activities in eight Priory acute hospitals throughout London and SE England.
- Responsible for designing and organising the GP education activities.
- Member of the Priory website working group; designed and launched the new Priory Group website in Oct 2009.
- Managed the team of marketing coordinators at each of the Priory Hospitals.

**Sept 2005 – March 2008    The Cardinal Clinic    Windsor, Berkshire**  
***Marketing Manager***

- Responsible for the Marketing Department and all marketing activities within the Clinic including the organization and running of the Educational Programme.
- Identifying and writing the three year Corporate Objectives for the Clinic.
- Complaints officer – Investigation or delegation of all complaints.

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**PROFESSIONAL AFFILIATIONS & MEMBERSHIPS**

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- United Kingdom Council for Psychotherapy (UKCP) 2011164559
- British Association for Counselling & Psychotherapy (BACP). 721053
- The Universities Psychotherapy and Counselling Association (UPCA).
- The Southern Association for Psychotherapy and Counselling (SAFPAC).

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**PERSONAL**

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- Strong interest in animal welfare, volunteer at Diana Brimblecombe Animal Rescue (DBARC) from 2012 – 2014.
- Keen scuba diver with advanced PADI qualifications.

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**REFERENCES**

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- Dr Lalitha De Silva**, Consultant Psychiatrist and former NHS Medical Director at Cardinal Clinic, Oakley Green, Windsor, Berkshire, SL4 5UL.
- **Dr Anatasios Gaitandids**, Senior Lecturer, Counselling Psychology, Regent's University London, Inner Circle, Regent's Park, London, NW1 4NS.
  - **Dr Georgina Taylor Adriaansen**, Chartered Counselling Psychologist, Berkshire NHS Healthcare Trust, 25 Erleigh Road, Reading, Berkshire, RG1 5LR.