

## **CURRICULUM VITAE: Courtenay Young**

## PERSONAL DETAILS

**Name:** Courtenay Young, (full name: Frederick Courtenay Young)

**Home Address:**

**Date of Birth:**

**Nationality:** British      **Status:** Married

**Languages:** English; basic working French; a little German

**Driving License:** Full clean British: cars, motorcycle; tractor; 16-seater buses;

## **SECONDARY EDUCATION QUALIFICATIONS**

Up to 1965: 6 'O'-levels; Maths; Additional Maths; English Literature; Geography; Latin; Economics.  
1965-67 3 'A'-levels; Economics E; Geography B; English D.  
at City of Westminster College, London.

## **FURTHER EDUCATION & QUALIFICATIONS**

1967-70 & 1972-73	B.Sc. Economics Honours Degree External London; III at Oxford Polytechnic (67-70) & Newcastle Polytechnic (72-73)
1973-74	(Post-)Graduate Certificate in Education, at Newcastle University: Northern Counties College
1979-83	Certificate in Biodynamic Psychology & Psychotherapy at Gerda Boyesen Centre, Acton, London.
1983-85	Diploma in Psychology at University of London (Extra-Mural)
1986 -2008	Accreditation as a Humanistic Psychotherapist: AHPP
1990 -2008	Registration as a UK Psychotherapist: UKCP: No. 930083
1993 ->	Accreditation as a European Body-Psychotherapist: EABP
2005 ->	Registration: EAP: European Certificate of Psychotherapy (ECP)
2010	Counselling Supervisor: University of Edinburgh; accredited by COSCA.

**PREVIOUS EMPLOYMENT RECORD** (most recent first)

02/10 – 04/10 **Counsellor:** Additional work, NW Ed. PCLT, p/t 18 hrs pw, to reduce counselling waiting lists.

08/07 – 09/08 **Locum Psychologist/Psychotherapist:** NE Edinburgh Psychology Dept, NHS Lothian: (18.75 hrs p.w.: 0.5 wte) Adult; GP referral & psychiatric out-patient.

02/07 – 08/07 **Lecturer:** Newbattle Abbey College, (0.2 wte), 2 x 12-week courses for Access to Industry.

01/06 – 07/06 **Counsellor:** NHS Forth Valley: 6-month contract (0.4 wte) (SP 34: £33,000) Dept Adult Clinical Psychology, NHS Forth Valley, Royal Scottish National Hospital, Larbert,

09/03 - 06/04 **Psychological Therapist** (0.6 wte) 6-month Maternity Locum, extended to 9-months; NHS Lanarkshire, Clinical Psychology Dept., Hartwoodhill Hospital, Shotts.

06/84 - 06/03 **Psychotherapist**; Private Practice in Findhorn & Forres, and in London.

06/87 - 06/03 **Resident Psychotherapist; p/t; Findhorn Foundation**

06/92 - 06/03 **Health & Safety Officer; p/t; Findhorn Foundation**

11/86 - 04/87 **Mental Health Day Centre Worker:** Brent, London.

04/85 - 04/86 RSW: Assistant Warden: Homefield House, Brent,

09/84 - 04/85 **Residential Social Worker:** Melanie Klein House; Greenwich

05/84 –04/86 **Psychotherapist** : Self-employed; also

Financial Consultant; Clinic Organiser; Literar

– 04/84 Financial & Administrative Director: Gerda Boyesen (

**School Teacher:** Secondary Schools, Mathematics, Drama, Computer Studies, L.E.A. (

09/70 - 06/72 **School Teacher:** Mathematics, at JAPS School (Winchester House, Brackley, Northants) High, Gateshead & Leiston High, Leiston)

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## **CURRENT EMPLOYMENT**

07/04 - now **Counsellor:** Cramong Medical Health Centre: 12 hrs p.w. Adult; G.P. referral  
07/04 - now **Counsellor: Grade G (6):** NHS Lothian: seconded to Health-in-Mind: 3 hrs p.w. Adults; G.P. referral  
06/03 - now **Counsellor / Psychotherapist:** Private Practice in Edinburgh, based at the Salisbury Centre, Edinburgh & Complete Health Borders, Galashiels: self-employed, about 5 hrs p.w.

## **PROFESSIONAL REGISTRATIONS & MEMBERSHIPS**

**Registered:** Psychotherapist (Direct Member of Humanistic & Integrative College) with the U.K. Council for Psychotherapy (UKCP Register No. 00930083): 1990 => present.  
**Registered:** European Association for Psychotherapy: European Certificate for Psychotherapy. (Register No. 403157). 2005 => present.  
**Accredited:** European Body-Oriented Psychotherapist with the European Association for Body-Psychotherapy, EABP, 1991 => present: Honorary Member.  
**Member:** British Psychological Society, 170847, 2005 => present.  
**Member:** United States Association for Body-Psychotherapy, 1996 => present.

## **PREVIOUS REGISTRATIONS & ACCREDITATIONS**

**Accredited:** Member of Association of Humanistic Psychology Practitioners, AHPP: 1986 – 2008  
**Member:** Association Adult Psychotherapists in NHS, AAP: 2004 – 2006

## **ADDITIONAL QUALIFICATIONS: TRAINING & DEVELOPMENT**

1979 ITEC Certificate: Anatomy, Physiology & Massage  
1980 Member of Faculty of Physiatrics, M.F.Phys  
1986 1<sup>st</sup> Degree Official Reiki Program  
1991 CITB Construction Site Managers Safety Certificate  
1994 Elementary Food Hygiene Certificate  
1996 NEBOSH Certificate in Occupational Health & Safety  
1999 First Aid Certificate; last renewed 2002  
2004 Certificate of Attendance: 2-day Management of Aggression Training  
2005 CORE – Outcome Evaluation  
2011 Counselling Supervision course: 12 wks: COSCA accredited; Univ. Ed. Sch. of Counselling & Psychotherapy.

## **ADDITIONAL PAID WORK EXPERIENCE**

### **Financial Administrator: Psychotherapy Training Centres:**

Gerda Boyesen Centre, Acton, London: 1983-4:  
Minster Centre, Kilburn, London: 1986-7  
Metanoia: Ealing, London: 1988-90

### **Charity / Company Director:**

Director: Moray Association for Mental Health: 1993-2000:  
Director: Ecologia, Findhorn: 1998-2000  
Director: UK-AHPP: 2004-2007  
Trustee: UKCP 2007-2008

### **Health & Safety:**

P/t Health & Safety Officer; Findhorn Foundation: 1992-2000  
H&S Consultant, Health & Safety (Findhorn): 2000-2003

### **Bartending:** Abbey Lodge, Gilmerton, p/t, 18 hrs pw; 2003-5:

### **Taxi-driving:** Bluebird Taxis, Gilmerton, Edinburgh, p/t, 30 hrs pw; Aug-Nov, 2006.

## **ADDITIONAL TRAINING & POST-TRAINING ACTIVITIES:**

Details of additional psychotherapy training & experience, and post-training activities available (CV: pp 6-8)

## REFERENCES

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**Present Employers / Managers:**

## CURRENT ADDITIONAL WORK

**Editor:** International Journal of Psychotherapy, published by EAP

## PREVIOUS ADDITIONAL WORK

**Co-Editor:** *The Handbook of Biosynthesis Psychotherapy*, by David & Sylvia Boadella (in press 2023)

**Co-Editor:** *Journal of Body, Movement & Dance in Psychotherapy*, published by Taylor & Francis

**Co-Editor:** English-American Editor for *The Handbook of Body Psychotherapy & Somatic Psychotherapy* (North Atlantic Books: 2015)

**Co-Editor:** *R.D. Laing: 50 years after 'The Divided Self'* (2012, PCCS Books)

## **VOLUNTARY POSITIONS: CURRENT & PREVIOUS**

European Association of Body-Psychotherapy (EABP)

1991 - now Accredited Full Member;  
1993-2010 Board Member;  
1995-2001 General Secretary;  
2002-2006 President;  
**2010 Honorary Member**  
2010 – now Science & Research Committee Member

## European Association for Psychotherapy (EAP)

1996-2009	EABP representative to Governing Board, ETSC & EWOC;
1999-2004	Co-Chair Ethical Guidelines Committee;
2000-2002	Procedures Sub-Committee; ECP Document Sub-Committee;
2007-2008	Co-Chairperson, European Training Standards Committee;
2007 – now	Member of Working Party for development of Professional Competencies
2005 – now	Editor, International Journal of Psychotherapy

United Kingdom Council for Psychotherapy (UKCP)

1989-1992 Board Member & Treasurer  
2007-2008 Vice-Chair, Registrant Services; Trustee.

UK Association of Humanistic Psychology Practitioners (AHPP)

1987-1993 Board Member; Treasurer; Conference Organiser; Ethics Committee.  
2004-2007 Board Member, Director, Treasurer

**Moray Association for Mental Health Co. Ltd. (MAM-H Co)**

1993-2000 Director of charitable company, limited by guarantee, providing local day services for people with mental health issues: 6 projects: 24+ staff: 200+ clients: turn-over £350,000

## Other Positions:

Newcastle Summer Play-schemes 1973, 1974; Educational Otherwise 1974-8; Leiston Summer Playschemes 1976-8; Findhorn & Forres Complementary Health Practitioners Group 1987-2003; Findhorn & Kinloss Community Council 1989-90; Moray Counsellors Forum 1989-1993; MAMH Treasurer 1991-1997; New Findhorn Association, various positions 1999-2003; Scottish Borders Complimentary Health

Practitioners, various positions, 2007-2011.