

Curriculum Vitae

Jo Lucas



Experience.

Cambridgeshire and Peterborough NHS Foundation Trust 2014 to present

Non Executive Director and Senior and Independent Director for this mental health and community Trust.

Chair of 'Living With, Living Well' board, Chair of Charitable Funds Management Panel, member 'People, Safety and Quality' and 'Remuneration' committees.

Being invited to take the SID role

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

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

Championing active involvement of users and carers in all Trust activities

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

Developing my professional skills and profile

Member of UKCP Board, Adjudication Committee and the International Committee prior to not being stood down.,.

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 Metanoia Institute/Middlesex University	2008-2014
The development of social enterprises School for Social Entrepreneurs, London.	2002 -2003,
MSc Integrative psychotherapy 1 st yr Metanoia Institute/Middlesex University	1993/4
Research Diploma in Social Policy City of London Polytechnic (Now London Metropolitan University)	1984-1986
MSc Social Policy and Social Work & CQSW London School of Economics	1981-1982
BA Hons. Psychology and Sociology City of London Polytechnic	1978 -1981

Numerous short courses on management skills and leadership, psychotherapy, 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	
Project Manager and Senior Lecturer	1995 -1998
Developing social work and social policy, Kyiv Mohyla Academy, Ukraine Initially LSE and later APU	
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, Vice Chair and Acting Chair 2021-2023

UKCP adjudication panel 2020-21

UKCP International Committee 2017-2019

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

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

The BEARR Trust
Board member 2006-2011