

Joe Moore

Counsellor, Cognitive Behaviour and Interpersonal Therapist and Coach

BSc (Hons), MA (Applied Coaching), Diploma in Counselling Psychology, Diploma in Existential Psychotherapy and Counselling, Post Graduate Training Certificate in Cognitive Behavioural Psychotherapy, Post Graduate Certificate in the Fundamentals of Counselling and Psychotherapy

56 Knighton Drive, Leicester LE2 3HB 0116 2448331 joe.moore@indepsych.co.uk**SUMMARY PROFILE**

An experienced counsellor, therapist and coach with considerable and successful experience in counselling and coaching, in NHS, private psychiatry, further/higher education, employee assistance programmes and private therapy services

SKILLS SUMMARY

Existential, Humanistic and Brief Solution-Focussed Counselling and Psychotherapy

Cognitive Behaviour Therapy

Interpersonal Therapy

Coaching

CAREER HISTORY

2023 – present	Rutland House Counselling & Psychotherapy/ICPS Ltd
	Associate Independent Practitioner <ul style="list-style-type: none"> • Providing Counselling, Cognitive Behaviour Therapy, Interpersonal Therapy and Life Coaching with private adult clients with anxiety and depression • Conducting initial face to face triage and treatment assessment interviews. • Signposting clients to other mental health organisations, charities, and agencies via agreed referral pathways. • Writing assessment and discharge letters to GPs
2023	Xyla Digital Therapy
	Remote Interpersonal Therapist <ul style="list-style-type: none"> • Remote telephone counselling of adult clients with depression. • Entered patient information and questionnaire scores into electronic case management databases. • Conducted initial psychological/risk assessment telephone interviews. • Liaised with GPs, Allied Health Professionals and Reception/Administrative staff.
2019-2023	Turning Point
	Interpersonal Therapist <ul style="list-style-type: none"> • Remote telephone counselling of adult clients with depression. • Entered patient information and questionnaire scores into electronic case management databases. • Conducted initial psychological/risk assessment telephone interviews. • Liaised with GPs, Allied Health Professionals and Reception/Administrative staff. • Completion of requirements for accredited Interpersonal Therapy training course.
2019	Corby Mind/Market Harborough Medical Centre

	<p>Bank Mental Health Facilitator</p> <ul style="list-style-type: none"> • Counselling of adult clients with anxiety and depression. • Entered patient counselling session information including risk assessments and psychometric questionnaire scores into case management database (System One). • Arranged patient appointments for emergency GP clinics. • Signposted patients to other local community mental health charities and agencies. • Consulted with GPs, Allied Health Professionals and Reception/Administrative staff
2017-2019	<p>Cambridgeshire NHS Trust</p>
	<p>Trainee High Intensity Therapist</p> <ul style="list-style-type: none"> • Cognitive Behaviour Therapy of adult clients with anxiety and depression. • Entered patient information and questionnaire scores into electronic case management databases. • Monthly clinical audits of entering patient session attendance data into spreadsheets. • Conducted initial psychological/risk assessment telephone interviews.
2017-2020	<p>Dudley and Walsall, 2tehter, East London and the City NHS Trusts</p>
	<p>Agency High-Intensity Therapist/Counsellor</p> <ul style="list-style-type: none"> • Brief counselling and CBT with patients from the counselling waiting list. • Managed CBT and counselling clinics for patients from GP surgeries. • Conducted telephone initial assessments, entered clinical notes into patients' electronic case files, and collated and completed all relevant documentation.
2015	<p>Trent PTS</p>
	<p>High Intensity CBT Therapist</p> <ul style="list-style-type: none"> • Cognitive Behaviour Therapy of adult clients with anxiety and depression. • Conducted initial psychological/risk assessment telephone interviews. • Entered client information and questionnaire scores into electronic case management databases. • Monthly clinical audits of entering patient session attendance data into spreadsheets.
2015	<p>Leicestershire Partnership NHS Trust</p>
	<p>Agency Psychological Assessment Officer</p> <ul style="list-style-type: none"> • Conducted telephone mental health assessments with patients and entered information into electronic databases. • Allocated clients to individual and group psychological therapies waiting lists. • Signposted clients to enable access to specific community services, agencies, and charities.
2014-2015	<p>De Montfort University</p>
	<p>Volunteer Associate Counsellor</p> <ul style="list-style-type: none"> • Research for Masters Degree in Coaching • Counselling with undergraduate and postgraduate student clients with mental health problems. • Conducted psychological initial assessment interviews. • Entered client information and questionnaire scores into electronic databases. • Referred clients to other university support and external mental health services.
2012-2014	<p>Starfish Wellbeing Cannock</p>

	<p>Psychological Wellbeing Therapist</p> <ul style="list-style-type: none"> • Counselling, Cognitive Behaviour Therapy, Interpersonal Therapy and Life Coaching with private adult clients with anxiety and depression. • Conducted initial face to face triage and treatment assessment interviews. • Signposted clients to other mental health organisations, charities, and agencies via agreed referral pathways. • Wrote assessment and discharge letters to GPs.
2009-2011	Oxford Health NHS Trust
	<p>CBT Therapist (Trainee)</p> <ul style="list-style-type: none"> • Cognitive Behaviour Therapy of adult clients with anxiety and depression. • Conducted initial psychological/risk assessment telephone interviews. • Entered client information and questionnaire scores into electronic case management databases. • Monthly clinical audits of entering client session attendance data into spreadsheets.
2008-2009	South Staffordshire NHS Trust
	<p>Associate Practitioner in CBT</p> <ul style="list-style-type: none"> • Cognitive Behaviour Therapy of adult clients with anxiety and depression. • Conducted initial psychological/risk assessment telephone interviews. • Entered client information and questionnaire scores into electronic case management databases. • Monthly clinical audits of entering client session attendance data into spreadsheets. • Supervised four trainee therapist for Post-Graduate CBT diploma. • Devised and co-facilitated skills training workshops for trainee CBT/PWP therapists.
2007-2008	Newcastle NHS Trust
	<p>Primary Care Mental Health Worker</p> <ul style="list-style-type: none"> • Organised client mental health clinics in GP surgeries. • Established relationships, links and connections with community, partners, and colleagues. • Signposted clients to enable access to specific community services, agencies, and charities. • Managed weekly clinic for students at GP surgery based on the Newcastle University campus. • Managed weekly clients of colour/minority ethnic and asylum seekers clients in a clinic with interpreters. • Devised and taught service presentation to clients/customers at a local MIND charity group. • Organised monthly special interest group with culture and mental health talks from interpreters.
2005-2007	Tees, Esk and Wear Valleys NHS Trust
	<p>Psychological CBT Therapist</p> <ul style="list-style-type: none"> • Cognitive Behaviour Therapy of adult clients with mild to severe anxiety, depression and other severe and enduring mental health problems. • Provided psychological therapeutic input to three Adult Community Mental Health Teams. • Conducted initial psychological/risk assessment telephone interviews. • Entered client information and questionnaire scores into electronic case management databases. • Monthly clinical audits of entering client session attendance data into spreadsheets.
2004	Merseyside NHS Trust, Liverpool
	<ul style="list-style-type: none"> • Organised client mental health clinics in GP surgeries.

	<ul style="list-style-type: none"> Established relationships, links and connections with community, partners, and colleagues. Signposted clients to enable access to specific community services, agencies, and charities. Compiled resource folder of local mental health charities and agencies information
2001-2003	Cygnnet Healthcare/St. Andrews Hospital, Northampton
	CBT Therapist <ul style="list-style-type: none"> Cognitive Behaviour assessment and treatment of psychiatric clients with mild to severe anxiety and depression, attending a private acute psychiatric unit. Co-facilitated anxiety/stress management and self-esteem psychoeducational groups for clients. Facilitated daily/weekend review and relaxation groups for clients. Designed innovative and inventive mind map group notes for clients using computer software. Arranged meetings between clients and professionals as a Care Plan Approach Coordinator.

EDUCATION

2020-2021	University of Surrey	
2021	Interpersonal Therapy Practitioner Accredited Training	
2015-2016	University of Derby	
2016	MA in Applied Psychology	
2009	University of Birmingham	
2009	Masters Module in Supervision of Psychological Therapists	
2006 - 2007	University of Teeside	
2007	Post-Graduate Diploma in Counselling Psychology	
2001 - 2002	University College London	
2002	Post Graduate Training Certificate in Cognitive Behavioural Psychotherapy	
1999 - 2001	University of Sheffield	
2001	Post Graduate Diploma in Existential Psychotherapy and Counselling	
1998-9	Regents College, London	
1999	Post Graduate Foundation Certificate in the Fundamentals of Counselling and Psychotherapy	
1993 - 1996	University of Huddersfield	
1996	Bachelor of Science (Psychology)	Upper Second Class Honours

MEMBERSHIP OF PROFESSIONAL ORGANISATIONS

British Association for Counselling and Psychotherapy (Registered - 378697)	
IPT UK (Member - 2020657)	

RESEARCH

2016	Research for Master's dissertation, Mental Health And Specific Learning Differences in Higher Education: The Experiences of University Counsellor-Coaches in the Selection and Contracting of Either Approach in Their Work Supporting Student Clients and Staff, as part of University Support Services.
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