

CURRICULUM VITAE: Courtenay Young

PERSONAL DETAILS

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

Home Address:

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e-mail: courtenay@courtenay-young.com website: www.courtenay-young.com

NHS e-mail: courtenay.young@nhs.net

Date of Birth: 11th June 1948; in London **N.I. No:** YS 09 92 91 D

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 B.Sc. Economics Honours Degree External London; III
& 1972-73 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, London

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

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

Financial Consultant; Clinic Organiser; Literary Editor & Agent.

05/83 – 04/84 **Financial & Administrative Director:** Gerda Boyesen Centre, London

09/74 – 06/78 **School Teacher:** Secondary Schools, Mathematics, Drama, Computer Studies, L.E.A. (Felling High, Gateshead & Leiston High, Leiston)

09/70 - 06/72 **School Teacher:** Mathematics, at IAPS School (Winchester House, Brackley, Northants)

CURRENT EMPLOYMENT

07/04 => present: **Counsellor:** Cramond Medical Health Centre: 12 hrs p.w. Adult; G.P. referral
07/04 => present: **Counsellor: Grade G (6):** NHS Lothian: seconded to Health-in-Mind: 3 hrs p.w.
06/03 => present: **Counsellor / Psychotherapist:** Private Practice in Edinburgh, based at Salisbury Centre, Edinburgh & Complete Health Borders, Galashiels: self-employed, about 10 hrs p.w.
2012 => present: **Director:** Body Psychotherapy Publications

PROFESSIONAL REGISTRATIONS & MEMBERSHIPS

Registered: as Psychotherapist (Humanistic & Integrative College) with the U.K. Council for Psychotherapy (UKCP Register No. 930083): 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 to 2008.

Member: Association Adult Psychotherapists in NHS, AAP: 2004 to 2006

ADDITIONAL QUALIFICATIONS: TRAINING & DEVELOPMENT

1979 ITEC Certificate: Anatomy, Physiology & Massage

1980 Member of Faculty of Psychiatric, M.F.Phys

1986 1st 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 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:

Treasurer UKCP: 1989-1991

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 on demand.

REFERENCES

Present Employers / Managers:

- * Dr Laura Stevenson, Cramond Medical Center, 2 Cramond Glebe Road, Edinburgh EH4 6NS. Tel: 0131-336-5432
- * Psychology Dept. Royal Edinburgh Hospital, Morningside Pl, Edinburgh, Midlothian, EH10 - 0131-537-6912

PROFESSIONAL WORK

- Editor:** International Journal of Psychotherapy, published by EAP: www.ijp.org.uk (2011-present)
- Co-Editor:** Journal of Body, Movement & Dance in Psychotherapy, Taylor & Francis: 2006-2010
- Co-Editor:** English-American Editor: *Handbook of Body Psychotherapy & Somatic Psychology* with Gustl Marlock, Halko Weiss & Michael Soth (2015, North Atlantic Books)
- Co-Editor:** *R.D. Laing: 50 Years after 'The Divided Self'*, with Theodor Itten. (2012, PCCS Books)
- Editor:** *Being in the Body: The Handbook of Biosynthesis Psychotherapy* with David Boadella & Silvia Specht Boadella
- Lead Writer:** EAP Project to establish 'The Professional Competencies of a European Psychotherapist'
- H&S Officer:** Findhorn Foundation and associated businesses (1992-2000)
- Resident Psychotherapist:** Findhorn Foundation (1986-2003)

VOLUNTARY POSITIONS: CURRENT & PREVIOUS

European Association of Body-Psychotherapy (EABP)

- 1991 - now Accredited Full Member;
- 1993-2010 Board Member;
- 1995-2001 General Secretary;
- 2001-2002 Vice-President;
- 2002-2006 President;
- 1993 – now Publications Committee: EABP Bibliography
- 2006-2010 Reserve Board Member;
- 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)

- 1989-1991 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.

DECLARATIONS

I have no current disabilities.

I have had very little time ill or off work (2-3 days average) over the last 6 years.

I do not have any criminal convictions (Enhanced Disclosure, Scotland)

I have a clean driving license, and own a car.

I am male, ethnically white, born in Britain, a UK citizen, and of no particular religious persuasion.

I do not smoke.