



Dr Heather Dyson B.Sc, M.Sc, DPsych.

Chartered Counselling Psychologist



Chartered Psychologists



www.hpcp-uk.org

Health Professions Council Registration: **PYL34015**

British Psychological Society Membership: **261938**

Dr Dyson is a Chartered Counselling Psychologist with extensive experience working within the NHS and Charity sector. She provides comprehensive psychological assessments, formulation, and therapeutic interventions, for individuals whom have experience single or multiple traumatic events, through exposure to military conflict, childhood trauma, sexual and physical assault. She specialises in working with immigrants and asylum seekers who have been exposed to war, torture or abuse in their country of origin.

She also works with adults with mental health problems, offering weekly therapy to address a wide range of mental health difficulties and personal issues, tailoring her support accordingly to each person's singular needs. Dr Dyson is able to provide a number of third wave cognitive behavioural therapeutic models, including trauma-focused cognitive behavioural therapy (TF-CBT), compassion focused therapy (CFT), and Narrative Exposure therapy (NET), as well as cognitive behavioural therapy (CBT), psychodynamic therapy, humanistic-existential therapy.

PROFESSIONAL QUALIFICATIONS

- 2016** DPsych in Counselling and Psychotherapeutic Psychology, University of Surrey
- 2005** MSc (Hons) Clinical & Abnormal Psychology, University of Wales, Swansea
- 2004** BSc (Hons) Psychology, University of Wales, Swansea

WORK HISTORY

2021 – Present Chartered Senior Counselling Psychologist – Mindz Professionals

Provides highly specialised psychological and clinical assessment, and interventions, for the treatment of workplace trauma within the National Crime Agency (NCA). This includes providing clinical advice, recommendations, pre- and post-incident debriefings, trauma management, clinical treatment, pre-employment psychological assessments, managing complex cases, and therapeutic interventions.

2020 – 2021 Chartered Senior Counselling Psychologist – SABP NHS

Provided trust wide training on trauma-informed care. Dr Dyson also provides individual assessment and treatment to working age adults (18-65) with serious mental health issues, specialising in trauma, PTSD, and CPTSD. She offers group psychoeducational groups on stabilisation and grounding as well as groups aimed at supporting individuals who identify with the diagnosis of EUPD. Dr Dyson also provided supervision for qualified and non-qualified members of staff.

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2019 – Present Private Practice – Guildford and Surbiton

Dr Dyson offers bespoke, individual therapeutic interventions for adults between the ages of 18-65, for a range of mental health difficulties. but specialising in trauma, PTSD, and CPTSD. She has links with international organisations to provide psychological interventions for individuals whom have experienced trafficking, torture, and war zones, as well as those who support them e.g. lawyers, doctors, support staff etc. She also provides comprehensive, medico-legal reports for Courts and tribunals. I work primarily within Criminal, Immigration, sexual trauma, and Personal Injury fields.

Dr Dyson offers bespoke trainings for organisations and universities on post-traumatic stress disorder (PTSD) and trauma informed care. These trainings can be adapted to meet the needs of the audience and have been successfully delivered to both clinicians and non-clinicians.

2016 – 20 Counselling Psychologist – Combat Stress

Dr Dyson worked with veterans between the ages 18-97, offering specialist psychological treatment (Cognitive Behavioural Therapy, Trauma-Focused Cognitive Behavioural Therapy and Compassionate Focused Therapy) both on an individual and group level. She has worked with a number of veterans whom have all presented with unique and complex issues, including (but not limited to), depression, anxiety, anger, issues around sexuality, and post-traumatic stress disorder (PTSD).

Dr Dyson provided group supervision to both nursing and recovery support workers to enhance their reflective practise skills. Furthermore, she provided supervision to trainee psychologists, helping them to develop their clinical and reflective skills.

2014 – 15 Trainee Counselling Psychologist – NW Psychotherapy Dept. (SABP NHS)

Dr Dyson provided long-term psychodynamic psychotherapy for adults with enduring mental health needs. She worked with a range of clients presenting with difficulties with emotional intensity, self-harming, suicidal ideation, depression, anxiety, and attachment issues.

Dr Dyson engaged in reflective practice, team meetings and presented client work. She utilised supervision and felt that it helped to develop her skills in Psychodynamic Psychotherapy.

2013 – 14 Trainee Counselling Psychologist – Centre of Wellbeing, University of Surrey

Dr Dyson provided short-term, individual Person-Centred therapy for Students attending the University of Surrey. The students presented with a range of diverse issues including transitional issues, depression, anxiety, substance misuse and self-harming behaviours. Dr Dyson was fortunate enough to work with a number of clients from various ethnic and minority backgrounds which helped to increase her awareness of cultural and diversity issues.

2012 – 13 Assistant Psychologist – Abraham Cowley Unit, Acute Therapy (SABP NHS)

Dr Dyson's main duties included running psycho-education groups within prescribed protocols, assisting with cognitive behavioural (CBT) interventions, and contributing to the multidisciplinary care of in-patients both in direct clinical contacts and at team level. She supported service users during their admission to hospital and promoted their recovery by developing a positive therapeutic relationship.

Dr Dyson engaged in multi-disciplinary team meetings with ward staff to encourage and support psychological thinking in relation to service-users residing on the ward.

2011 – 12 Honorary Assistant Psychologist – Honorary Assistant Psychologist – Paediatric Services and Social Communication Disorder unit (BNHFT NHS) & Well-Being Centre, Community Mental Health Recovery Service (SABP NHS)

Social Communication Disorders – Dr Dyson was responsible for collecting and collating questionnaires, entering data and interpreting the information to confirm or discount the possibility of a social communication disorder. This provided her with her first experience of working in a highly emotive environment, teaching her to develop a professional approach to discussing clinically sensitive information with different healthcare professionals, parents and carers

Individual work – In this role Dr Dyson worked with adults with Axis I and Axis II conditions. It gave her the opportunity to learn about Dialectical Behaviour Therapy (DBT). She has also been able to develop her skills with CBT and Behavioural techniques and apply them to an adult cohort. She provided initial assessments to identify the service user's mental health issues, their suitability for the service, and their motivation to engage with therapy. During the assessment she ascertained the pre-disposing, precipitating, protective, and maintaining factors.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2020 EMDR Part 2

2019 EMDR (Parts 1, Richman EMDR Training)

PUBLICATIONS

2017 Dyson, H., & Gorvin, L. How Is a Label of Borderline Personality Disorder Constructed on Twitter: A Critical Discourse Analysis. *Issues in Mental Health Nursing*, 38(10), 780-790.

2016 Dyson, H. & Brown, D. The Experience of Mentalization-Based Treatment. An Interpretative Phenomenological Study. *Issues in Mental Health Nursing*, 37(8), 586-595.