

Dr Kate Du Toit

CPsychol, BA (Hons), PsychD, AFBPsS, FHEA

Counselling Psychologist



Health Professions Council Registration: **PYL33891**
British Psychological Society Membership: **284327**

Dr Kate Du Toit is an HCPC registered counselling psychologist, as well as a chartered member and associate fellow of the BPS. She has over 10 years of experience working with different client groups across a wide range of settings (NHS, private and charity sectors) including primary, secondary, inpatient, and forensic services. Her clinical expertise and interests are focused on, but not limited to, trauma, anxiety, depression, meaninglessness, attachment and relational difficulties, emotional regulation, life transitions, sexuality, and gender identity issues. Dr Du Toit works with individuals, couples, families, and groups. She is also an experienced supervisor and trainer and a recognised fellow of the Higher Education Academy. In addition to her clinical practice, she has also spent several years working in academia on doctoral trainings in counselling psychology and psychotherapy, including leadership roles, teaching and training, clinical supervision, research, and viva-voce examinations.

AREAS OF SPECIALISM

- Psychotherapy for individuals, couples/relationships and adult family members
- Adult mental health struggles
- Trauma
- Anxiety
- Depression
- Meaninglessness
- Alienation
- Attachment and relational difficulties
- Life transitions
- Personality difficulties
- Sexuality and gender issues

PROFESSIONAL QUALIFICATIONS

2024	IFS Level 1 Certification, IFS UK
2020 – 2021	Certificate in Existential Coaching, Society for Existential Analysis (SEA)
2020	Fellow of the Higher Education Academy (HEA)
2017	Certificate in Clinical Supervision, University of Surrey
2017	Eye Movement Desensitisation and Reprocessing Psychotherapy Training (Part 1, 2 & 3)
2013 – 2016	University of Surrey: Practitioner Doctorate in Psychotherapeutic and Counselling Psychology (PsychD)
2010 – 2013	Richmond, The American International University in London: BA Honours Degree in Psychology, Summa Cum Laude (upper first).

CLINICAL WORK HISTORY

2016 – Current HCPC & BPS registered practitioner in Private Practice

- Clinical Assessment
- Long- and short-term psychotherapy with adults, couples, families, and groups
- Clinical supervision
- Research supervision

2015 – 2018 Woking CMHRS, SABP NHS Foundation Trust

- Long, short and solution focussed integrative work with adults, families, and groups
- Management and leadership
- Service development
- Clinical supervision and consultation
- Training and support
- Recruitment lead for Counselling Psychology
- Serious Incident Support Team (SIST) representative for the Trust

2014 – 2015 Domestic Violence Intervention Project: Stephens Place Children’s Centre Therapeutic Service

- Psychodynamic practice with children and young people (aged 3 – 17) affected by domestic violence
- SDQ Assessments
- Family Interventions

2013 – 2014 Linwood CMHC, Sussex Partnership NHS Foundation Trust

- Long-term Humanistic & Existential psychotherapy
- Reflective Groups

2012 – 2013 Forensic Services & PICU, CNWL NHS Foundation Trust

- Art psychotherapy & psychoeducational groups
- Ward rounds
- Therapy workshops
- Auditing

2011 – 2012 Victim Support Volunteer

- Emotional support, practical help, and information to witnesses and victims of crime
- Charity Events

CLINICAL APPROACH

My style of working is dialogical and interactive in nature, aimed at a collaborative and explorative process that is tailored around the of subjective needs of each client. As an integrative practitioner I draw upon a variety of theoretical approaches (primarily existential and psychodynamic, with some third wave CBT) which are utilised flexibly in light of each person’s unique predicament. The focus of my work is holistic in nature, taking into consideration all dimensions of one’s lived experience (physical, social, personal and spiritual) within their contextual world. My therapeutic endeavours are intended at examining, exploring, and conceptualising the nature and function of one’s struggles, with the aim of providing a facilitative space within which a person can take stock of their situation with a greater sense of responsibility, both consciously and actively, for shaping their lives in ways that they identify as most satisfying and meaningful to them. I specialise in trauma, anxiety, depression, meaninglessness, alienation, attachment and relational difficulties, life transitions, personality difficulties, sexuality and gender issues.

ACADEMIC / TEACHING EXPERIENCE & RESEARCH EXPERTISE

2021 – Current **Visiting Lecturer on DPsych in Counselling Psychology, Regents University London**

- Research Supervision
- External Examinations

2019 – 2021 **Associate Professor & Director of People (Provost Group), Regents University London**

- Leadership, management, coaching and mentoring of cross-discipline academics
- Clinical and academic training on DPsych in Counselling Psychology
- Research supervision
- Personal tutoring and pastoral support
- Module leadership, planning and design
- Internal Examiner for Doctoral Thesis
- Ethics committee
- Anti-exclusionary steering group
- Workload allocation framework planning and implementation
- Committees involved in implementation of University's Strategic Plan

2016 – 2018 **Visiting Lecturer on PsychD in Counselling Psychology, Surrey University**

- Clinical and academic training in theory and practice modules
- Working therapeutically with uncertainty
- Counselling psychology identity workshops

2018 – 2021 **Metanoia Institute & New School of Psychotherapy and Counselling (NSPC)**

- External examiner of Doctoral Thesis

2013 **CNWL NHS Foundation Trust**

- Research Assistant

PROFESSIONAL MEMBERSHIPS

Since 2010 **British Psychological Society (BPS)**

Associate Fellow (AFBPsS), Chartered member (Reg: 284327)

Since 2016 **Health and Care Professions Council (HCPC)**

Reg: PYL 33891

Since 2016 **Society for Existential Analysis (SEA)**

Since 2020 **Fellow of the Higher Education Academy (FHEA)**

Reg: PR189550

Since 2024 **IFS Institute – Certified Level 1 Practitioner**

PUBLICATIONS AND PRESENTATIONS

- Du Toit, K. (2017). Existential Contributions to the Problematization of Trauma: An Expression of the Bewildering Ambiguity of Human Existence. *Journal of the Society for Existential Analysis*, 28.1.
 - Research Portfolio: University of Surrey (2016):
 - Uncertainty, Unpredictability and Chaos Theory: A New Vision for Counselling Psychology.
 - Practitioners Experiences of Engaging with Uncertainty in Therapeutic Practice: A Tantalising
-

- Dance between Being-with and Doing-to
- Engaging with Uncertainty in Therapeutic Practice: Between Artistic Creativity and Pragmatic Integration in a Constantly Unfolding Process of Negotiation
- Du Toit, K., Smith, L., Konstantinou, I. (2013). The effect of immediate forced false responses on delayed recognition memory accuracy and confidence ratings. *International Journal of Interdisciplinary Social Sciences*, 8 (3), 1 – 16.

RESEARCH INTERESTS

I am particularly drawn to existential, phenomenological, and postmodern philosophies and their application to clinical practice. My interest is in research topics with a strong social justice agenda, as well as those that seek to question or challenge the prevailing medical discourse and focus on how the current socio-political landscape impacts practice. I am passionate about exploring the intricate ways in which practitioners work with the phenomenon of uncertainty in a time of ever-increasing complexity and change and have conducted my own research on the role of uncertainty and its relevance to therapeutic practice. My experience is primarily in qualitative methodologies, specifically IPA and hermeneutic approaches, grounded theory, discourse analysis, and social constructionist approaches. Additional research interests include embodiment, intersubjectivity, non-verbal communication, politics in counselling psychology and psychotherapy, gender and sexuality, and the use of creativity and arts in therapeutic practice.