

## OXANA JONES

### Counselling Psychologist

*Behavioural and Cognitive Psychotherapist*

*Advanced Certified Schema Therapist*

*EMDR Therapist*



#### Summary

I have extensive experience of providing psychological assessment, formulation, and therapy for people experiencing mental health problems and emotional difficulties. I have developed this through qualified roles within community mental health teams and primary care services for working age adults.

I employ a warm and empathic therapeutic approach and in a number of posts I have been particularly complimented on my ability to quickly form positive and trusting therapeutic relationships with people using services. I have knowledge and skills in formulating and delivering appropriate psychological interventions using a range of theoretical models (e.g. CBT, CAT, narrative therapies etc.). I specialise in Cognitive Behavioural therapies (particularly in trauma modalities), Schema therapy and EMDR.

I work towards CBT Supervisor and Trainer Accreditation. I will be applying for CBT Supervisory accreditation in April 2020.

I have also enrolled to take part as a clinician in a Randomised Controlled study run by Cardiff & Vale University Health Board: 'Rewind RCT', aimed to explore effectiveness of PTSD symptoms reduction in adult population.

I possess a strong commitment to continued professional development.

#### Qualifications

**Ongoing** Eye Movement and Desensitization Reprocessing Therapy (EMDR Works, Bristol), working towards accreditation.

**2013-2016** Advanced Certification in Schema Therapy, International Society of Schema Therapy (ISST) (UK000873).

**2009-2011** Postgraduate Diploma in Therapeutic Counselling (Cognitive Behavioural pathway), University of Wales, Newport. BABCP accredited Cognitive Behavioural Psychotherapist (N: 100194).

**2008-2009** Certificate in Counselling Skills, Bridgend College.

**2006-2009** BN (H), Mental Health Nursing, Swansea University.

**1991-1996** Comparable BA (H) Degree in Practical Psychology; qualification gained in the Ukraine, Dnipropetrovsk State University; qualified to teach English as a second language.

#### Posts

**2018 – present: run one day private clinic.**

**2014 – present: Veterans Therapist / Counselling Psychologist (NHS, Veterans NHS Wales, part time):**

Responsibilities

- Provide specialist assessment to veterans and formulate further care pathways where appropriate.
- Deliver evidence-based psychological therapies on a one-to-one basis or working with couples and families, depending on assessment of client's needs. I provide CBT, Schema and EMDR therapeutic modalities under appropriate supervision with accredited practitioners.

*Client population:* adults (from 18 upwards with no age restriction), the ex-personnel client group meeting criteria for armed forces related mental health difficulties; often with a variety of physical disabilities, alcohol and illicit drug related complication and neurological difficulties.

**2013- 21/10/17: Nurse-Therapist, Community Mental Health Team (ABMU LHB, 3 days per week).**

Responsibilities

- Provide an assessment of psychological needs and deliver a long term psychological therapy: CBT and Schema Therapy.

*Client population:* clients who suffer from medium to severe mental health difficulties with past and immediate risks to self and others and significant difficulties with daily functioning. Population often presented not only with mental health diagnosis but with learning and neurological difficulties.

**2012-2013: Cognitive Behavioural Psychotherapist (Cardiff and Vale LA), Vale Alcohol and Drug Team (three days per week).**

Responsibilities

- Deliver Cognitive therapy and Motivational interviewing interventions. Work alongside Drug and Alcohol services to support clients' recovery.

*Client population:* provision of psychological therapy (Motivational Interviewing and CBT) for clients with specific co-morbidity of mental health difficulties and polysubstance and/or alcohol addiction.

**2011-2013: Behavioural and Cognitive Psychotherapist (volunteer), Anxiety UK charity (2 days per week).**

Responsibilities

- Provision of online cognitive therapy.

*Client population:* adult population mainly presented with depression and a variety of anxiety disorders including: PTSD, GAD, OCD, simple phobias.

**2009 - 2013: Mental Health Nurse (Cardiff and Vale LHB), Adult Mental Health Rehabilitation Units, Cardiff and Vale NHS Trust (full time).**

Responsibilities

- Provide mental health nursing care within Adult Mental Health Rehabilitation Units across Cardiff and Vale NHS Trust, both inpatient and community based.

*Client population:* delivered physical and mental health/emotional care within rehabilitation remit to adult population with low level of daily functioning and severe mental health difficulties. Responsibilities included: risk assessments, low level psychological interventions (daily planning, problem solving, medication management skills training, teaching communicational skills, understanding relapse signatures, teaching assertiveness skills etc).

**1991-1996:** during my undergraduate study (Practical Psychology) placements were arranged to meet a criteria to obtain work experience with children and young adults. The aim was to deliver both psychological and educational support.

**05.09.1994 – 01.10.1994** – internship: Information Technology Lyceum, trainee (DSU order of 06.09.1994 No. 449-s).

#### Responsibilities

- Practice was set in the above college with the purpose of helping students (age 16-21) from disadvantaged backgrounds to engage better with their studies. The aim was the provision of educational and psychological support.

**03.07.1995 – 29.07.1995** – internship: Udod LDT, trainee (DSU order of 26.10.1995 No. 345-s).

#### Responsibilities

- Provide support to new staff members to foster positive working relationships during their first employment.

**01.09.1995 – 26.10.1995** – teacher training: Evening School No.38, trainee, Dnipropetrovsk (DSU order of 27.06.1995 No. 360-s).

#### Responsibilities

- Provide both educational and psychological support to students.

**23.02.1996 – 11.04.1996** – pre-graduation training: Evening School No.38, trainee psychologist, Dnipropetrovsk (DSU order of 29.01.1996 No. 37-s).

#### Responsibilities

- To provide both psychological and educational support (Practice was set in a specialist school for children diagnosed with mild learning disabilities).

#### **Continued Professional Development (list not exhaustive)**

2020 (booked): 'CBT Trouble - Shooting Skills' to be presented by Jaime Delgadillo. Organized by South & West Wales Branch.

2019: 'Overview of CBT-E' delivered by Nicola Pritchard. Organized by South & West Wales Branch.

2019: 'EMDR Master Class and Update' delivered by Dr Dereck Farrell. Organized by Regional Cardiff Conference of the United Kingdom Psychological Trauma Society (UKPTS).

2019: 'Using EMDR in Complex Trauma & Dissociative Presentations'. Presented by Dr Melanie Temple Consultant Psychiatrist & Psychotherapist. Organized by South Wales EMDR Branch.

2019: 'CBT for Persistent Pain' delivered by Dr Rebecca Antwhistle. Organized by South & West Wales Branch.

2019 'Welsh and Scottish Matrix 'CBT for suicidal thinking and self-harm' delivered by Professor Kate Davidson and Dr Jane Boyd. Organized by CBT4Wales.

2018 'R-TEP and G-TEP Brief Early Intervention. EMDR.' Presented by Dr Elan Shapiro. Organized by EMDR UK & Ireland and Trauma UK Aid.

2018 'Working with Moral Injury in PTSD Clients' presented by Dr Hannah Murray. Organized by BABCP Wales Branch (1 day).



2018 'The Newcastle Model of Supervision for Supervisors and Supervisees'. Mark Latham (3 days training). Organized by BABCP Wales Branch.

2018 'Introduction to the CAPS-5 to assess DSM-5 PTSD.' and 'Introduction to the International Trauma Inventory to assess ICD-11 PTSD and CPTSD', presented by Prof. Jonathan Bisson and Dr. Catrin Lewis. Organized by Regional Cardiff Conference of the United Kingdom Psychological Trauma Society (UKPTS).

2018 'Working with Dissociation' presented by Dr. Mike Lloyd. Organized by Regional Cardiff Conference of the United Kingdom Psychological Trauma Society (UKPTS).

2018 Using Behavioural Experiments in CBT, BABCP workshops.

2018 Beyond Shame: Recovering Pride and Self-worth in Psychotherapy, Change Talk and Reflective Practice, Cardiff.

2018 Eight Weeks Mindfulness Course, Learning2Be, Gareth Clode.

2017 Recent advances in the treatment of PTSD, UKPTSD Conference, Cardiff.

2017 Couples therapy for PTSD using, Cognitive Behavioural Conjoint Therapy, UKPTSD Conference, Cardiff.

2017 Beyond Reliving in PTSD treatment: Advanced Skills for Overcoming Common Obstacles in Memory Work. UKPTSD Conference, Cardiff.

2017 Cognitive Therapy for PTSD (2 days), UKPTSD Conference, Cardiff.

2017 How to Work with Dissociation in PTSD, UKPTSD Conference, Cardiff.

2017 Imagery Re scripting for traumatic experiences, BABCP conference, Manchester.

2017 EMDR 'Special interest day', Aneurin Bevan NHS LHB.

2017 EMDR Level 1-Level 4 training. EMDR Works.