

CARLA SWAN



BABCP (ACC), NCS (ACC), CBT PG DipM, CBT Dip, Couples
Counselling PG Dip, CBT Psychotherapist & Relationship Counsellor

DISORDERS I WORK WITH

Abortion
Anxiety
Attempted Suicide
Bereavement
Bisexual Difficulties
Chronic Fatigue Syndrome
Chronic Fatigue Syndrome/ME
COPD
Depression
Difficulties Forming and
Sustaining Relationships
Family Issues
Fibromyalgia
Gender Identity Dysphoria
Generalised Anxiety Disorder
Health Anxiety
Histrionic Personality Disorder
Hoarding
Mixed Anxiety and Depression
Narcissistic Personality Disorder
Obsessive Compulsive Disorder
(OCD)
Overcoming an Affair
Panic Disorder
Personality Disorders
Post Natal Depression
Postpartum Psychosis
Post-Traumatic Stress Disorder
(PTSD)
Premenstrual Dysphoric Disorder
(PMDD)
Recovering from Relationship
Breakdown
Relationship Issues
Self-Harm
Separation and Divorce
Separation Counselling
Sexual Identity Difficulties
Sexuality Difficulties
Social Anxiety
Stress
Suicidal Thoughts and Self Harm
Trauma

...and many more

ABOUT ME

Accredited by the British Association for Behavioural & Cognitive Psychotherapies (BABCP) and the National Counselling Society (NCS), I am an Oxford University trained Masters level Diploma in Cognitive Behavioural Therapy (CBT) therapist, I have a further CBT diploma with Oxford Collage and am a Relate trained couples therapist holding a Postgraduate Certificate in Couples Counselling from the University of East London.

This rare skill set gives me an expansive knowledge and experience working transdiagnostically with individuals and couples utilising CBT, Psychodynamic, Systemic and Narrative therapy models, whilst having the skill set to work with relationships as well as pathological problems where one or both of my clients are suffering.

PROFESSIONAL QUALIFICATIONS

Post Grad Masters/Diploma (OCTC) - Oxford University
CBT Post Grad Diploma - Oxford College
Post Grad Certificate - Couple Counselling - Relate - University of East London

WORK EXPERIENCE

CBT PSYCHOTHERAPIST AND COUPLE COUNSELLOR

Carla Swan | Oct 2008 - Date

Providing long, medium and short term therapy for individuals and couples, utilising predominately Cognitive Behavioural Therapy, Systemic and Psychodynamic models.

I work to the highest standards of professionalism, confidentiality and ethics and abide by the Code of Ethics and Practice of the British Association for Counselling and Psychotherapy and the British Association of Behavioural and Cognitive Psychotherapies.

Couples work varies considerably, commonly involving helping the couple work towards building a more healthy relationship, through to processing with the couple if they feel able to continue with the relationship, to separation counselling which can include learning to parent apart and managing divorce. Also, working with couples in which one or both have singular or multiple pathological disorders. When working with pathological disorders therapy typically favours one of the following three models, although often all three are utilised for longer term treatment:

General marital and couple therapy. Which refers to the application of traditional approaches to address broad relationship issues thought to be associated with the disorder or implicated in the maintenance of symptoms.
Disorder-specific. Ways in which partners and family members interact or handle situations related to the individual's disorder that might contribute to the maintenance of the disorder or impede treatment gains.
Partner/family assisted treatments. Which involve the partner or family member as a surrogate therapist or coach, with no attention to relationship issues.

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ADDITIONAL WORK EXPERIENCE

CBT PSYCHOTHERAPIST AND COUPLE COUNSELLOR - DELIVERING COURSES.

Carla Swan | March 2013 - Date

- For Relate: Parenting Apart, Moving Yourself Forward
- Within my current private practice: An Introduction to Couples CBT and Assessment and Formulation for Couples CBT.

SENIOR HIGH INTENSITY THERAPIST BAND 7 - NHS PRIMARY CARE (IAPT) COUPLES AND INDIVIDUALS

Carla Swan | November 2012 - Date

I am a senior CBT psychotherapist for Milton Keynes IAPT service. My role includes assessment and intervention. Evaluating the suitability of new referrals, adhering to the services referral protocols. I formulate and implement therapy programmes drawing on a range of theoretical and therapeutic models across a range of complex problems. I exercise autonomous professional responsibility for the assessment and treatment of patients in line with the service.

I am also a Couples CBT therapist for IAPT Milton Keynes where I designed and implemented the pilot scheme into our sector, bringing our service up to date with NICE Guidelines. This role includes relationship therapy for couples focusing on the pathological disorder whilst helping the couple improve their relationship.

My role includes completing requirements relating to data collection within the service. I work closely with other members of the team ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach.

I provide specialist advice and consultation to other professionals / individuals / groups / committees across mental health organisations, and other voluntary agencies regarding service matters related to the practice and delivery of specific agreed therapeutic modalities and service provision.



Carla Swan
Psychotherapist and Relationship Counsellor

CONTACT

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SOCIAL

Facebook.com
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SOME COMPANIES I WORK WITH



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