

Jeffrey Lane CV

Psychotherapist and Counsellor Supervisor and Trainer

I have been working as a Counsellor and Psychotherapist in private practise since June 1992, and supervising other counsellors since February 1994. I have gained extensive experience, with over 15,000 client contact hours, working both long and short term, in Counselling, Psychotherapy and as a Supervisor of other counsellors.

I am the resident counsellor at Bon Homie House in Southampton - a residential care home for physically and mentally disabled adults. I counsel both residents and staff.

I am the resident mediator at the Family Contact Centre held at The Roberts Centre in Portsmouth.

I have been involved in The Discovery Project, working with schools in Paulsgrove.

I ran an ongoing men's therapy group from Mar 1997 to Dec 2003 and am currently writing a book entitled "Celebrating Manhood".

I teach OCR Certificate Courses in Counselling Skills at St. Vincent College in Gosport.

I enjoy working with organisations and am a founder and tutor of The Centre for Gestalt in Organisations training programme.

Qualifications and Courses

1977/80	BA (Hons) Degree in Psychology (Portsmouth Polytechnic)
1991	One year training in Psychotherapy (Spectrum)
1992	One year training in Counselling skills (Spectrum)
1993	Interventions in Clinical practice (Spectrum)
1994	Post Graduate Training Course in Psychotherapy (Spectrum)
1998	Diploma in Psychotherapy (Spectrum)
1999	Level A Psychometric Testing (Criterion Partnership)
1999	Couples Training (Spectrum)
2000	Certificate Course in Organisational Development and Occupational Consultancy (Whittington Hospital)
2001	Post Graduate Diploma in Supervision, Consultancy and Team Support (Whittington Hospital)
2002	Organisational Development and Consultancy (Gestalt in Organisations)
2003	" " " " "
2004	" " " " "
2004	Executive, Management and Business Coaching. (Dr. Trevor Bentley)

Professional Membership

I am registered with the **UKCP** - United Kingdom Council for Psychotherapy.

I am a Clinical member of the **UPCA** – University Psychotherapy & Counselling Association

I was a founder member of Hants and Isle of Wight Family Mediators Association.

I am a member of the **BACP** – British Association of Counselling and Psychotherapy.

I am a member of the **Directory of Pink Therapists**.

I was awarded the **European Certificate of Psychotherapy** in 2006

Resident Counsellor

Southampton Health Care Trust 1996

In 1996 for 3 months I was part time locum counsellor at Ashurst Hospital working with physically disabled clients and their families, both in hospital and in their homes.

Bon Homie House, Southampton 1996 to date.

I am the in-house counsellor at Bon Homie House, which is a residential care home for physically and mentally disabled adults. I am employed there one morning a week giving support to residents and staff.

The Family Contact Centre at The Roberts Centre in Portsmouth.

I am the in-house Mediator. My role is to support parents and to facilitate the smooth management of contact with their children.

Teaching

OCR (RSA) Counselling Course

Since January 1998 I have been employed by St. Vincent College, Gosport to teach the OCR (RSA) Certificate Course in Counselling Skills and Development of Learning (120 hours duration). With my co-tutor I run 1-2 courses per year with up to 20 students on each. Over 200 students have gone through the training so far.

The Centre for Gestalt in Organisations

I am a founder tutor of The Centre for Gestalt in Organisations training programme.

Supervising Other Counsellors

Off The Record 1993 to 1999.

Off the Record offer free counselling and befriending to people aged from 11 to 25. Off The Record counsellors are volunteers who have trained to at least RSA certificate level. I was asked to supervise 9 of their counsellors in groups of three, once per month.

Moving On 1997 to 1999

The Moving On project is a youth counselling service based in Gosport. I was approached by the project to become a supervisor to run two groups of three people per month.

Portsmouth Area Rape Crisis Service 1996 to 2004.

Mind Southampton 1994 to 1998

Personal Supervision and Support

I have been in regular professional supervision with Rex Bradley (Former vice chair of U.K.C.P.) since January 1992

From 1998 until 2004 I was a member of an on-going Men's Therapy Group at Spectrum.

I was in individual therapy with Paul Allsop (Spectrum) from April 1992 until July 2000.

Training

On going Post Graduate Training

- 1994 Post Traumatic Stress and Critical Incident Debriefing (Margaret Greaves P.N.H.P.C.)
- 1995 Training day with Stanley Keleman (Centre for Energetic Studies - California)
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- 1997 Gestalt Training – A Foundation
- 1995 to 2002 On-going Post Graduate Course training in Psychotherapy (Spectrum)

Anger Management Work

- 1996 Anger in the Therapy Room (Spectrum)
- 1997 Anger in the Therapy Room (Spectrum)
- 1998 Anger Workshop (Spectrum)

Family Mediation / Couples Work / Relationships

- 1994 Introduction to Supervision skills (Sue Esau from 'Relate')
- 1995 PAIRS (Practical Application of Intimate Relationship Skills) (Spectrum)
- 1995 Foundation training in family mediation (F.M.A. Hove)

- 1998 Working with Couples Training (Spectrum)
- 1999 Working with Transference (Spectrum)

Sexuality & Anti-discriminatory Practise

- 1996 Working Affirmatively with Lesbian, Gay and Bisexual clients (Charles Neal)
- 1997 Pride & Prejudice (Charles Neal)
- 1998 Men's Basic Sexuality Programme (Spectrum)
- 1999 Men's Intermediate Sexuality Programme (Spectrum)
- 1999 Working Affirmatively With Lesbian, Gay and Bi-sexual Clients (Charles Neal)
- 2000 Working with Sexual Minorities (Charles Neal)
- 2000 Prevention of Childhood Sexual Abuse (Spectrum)

Professional Development

- 2004 Advanced Gestalt Therapy (Joseph Zinker)
- 2005 The Figure/Ground of Meaning and Emotions (Lynne Jacobs)
- 2005 Advanced Couples Training (Joseph Zinker)
- 2005 Creative Gestalt Experimentation (Joseph Zinker)
- 2006 An Experience of Relational Gestalt (Gary Yontef)
- 2006 Creative Experimentation and Phenomenology (Joseph Zinker)

Community Activities

I am a "Partner in Art" of **Havant Art Centre** and support the organisation financially and by giving my time.

I have appeared on BBC Radio Solent, Radio 4, My TV, Express FM and Wave FM several times talking about (amongst other things):

Stress management.

Road rage.

Standards and competence in counselling.

Domestic violence.

Stress in schools.

Addiction.

Well Being in the Workplace.