

EPC

EXPERT PSYCHOLOGY

CONSULTANCY

Lorraine Earnshaw
Cognitive Behavioural Therapist
MSc in CBT, BA (hons), RGN, RMN
BABCP 018168

Areas of Expertise

- CBT for voices and delusions
- CBT for anxiety and depression
- CBT for mood disturbance
- Psychosocial interventions
- Substance Mis-use
- Family intervention
- EMDR for single episode trauma
- Mental Health difficulties
- Post-Traumatic Stress Disorder
- Treatment

Qualifications

- RGN Central Manchester School of Nursing 1989
- RMN Pennine School of Nursing 1991
- BA (hons) Health Studies Manchester University 1998
- MSc CBT for psychosis Manchester University 2004
- EMDR Part One, EMDR Part Two, EMDR Part Three

Previous Experience

- 2015 – Present Expert Psychology Consultancy Ltd
- 2006 – Present Cognitive Behavioural Therapist for an Early Intervention Team
- 2000-2006 Cognitive Behavioural Therapist – CMHT
- 1996– 2000 Community Mental Health Nurse
- 1993 – 1996 Staff Nurse Acute Mental Health Day Hospital
- 1992-1993 Staff Nurse Acute mental health ward
- 1991-1992 Staff Nurse Acute mental health rehabilitation ward
- 1989-1990 Staff Nurse general medical ward MRI

I qualified as a cognitive behavioural therapist in 2004, since which time I have worked in the NHS with a range of people with mental health difficulties.

More recently specialising with people and their families who suffer from psychosis.

In addition I treat individuals with a range of mood problems and difficulties with anxiety.

I am trained in EMDR and work with people with single episode trauma difficulties and other post traumatic stress disorders.

I can also provide training in Psychosocial Interventions to staff teams to enhance their psychological understanding of clients and increase their ability to utilise such interventions with their clients. In addition, I provide supervision to staff to assist with their psychological understanding of clients and to provide appropriate level psychological interventions.