

EPC

EXPERT PSYCHOLOGY

CONSULTANCY

Patrick B T Doyle
Psychotherapist
BSc (Hons), MA, PG Cert, Dip HE, RMN, Dip.schema.th, MBACP
BACP 179522

Areas of Expertise

- Cognitive Behaviour Therapy for Anxiety, Depression and Post Traumatic Stress Disorder
- Dialectical Behaviour Therapy for Emotionally Unstable Personality Disorder (Borderline Type)
- Dialectical Behaviour Therapy for Post-Traumatic Stress Disorder
- Dialectical Behaviour Therapy for a range of Personality Disorders and difficulties
- Integrative Psychotherapy for a range of Mental Health Disorders and difficulties
- Schema Focussed Therapy for a range of Personality Disorders and difficulties
- Psychosocial Interventions (including CBT) and Assessment for Psychosis & Substance Misuse Disorders
- Anger Management and Treatment
- Arson; Assessment and Treatment
- Anxiety Management and Treatment
- Bereavement and Grief Counselling
- Childhood and Adolescent Trauma and Abuse
- Depression
- Hearing Voices
- Occupational Stress & Workplace Wellbeing
- Risk Assessment & Management
- Suicide and Self-Injury
- Sexual Offending; Assessment and Treatment, including Sexual Homicide

Qualifications

- Dip HE, Mental Health Nursing
- BSc(Hons) Mental Health Practice
- Schema Therapy Diploma
- Dialectical Behaviour Therapy Skills Training
- Dialectical Behaviour Therapy National Intensive Training(Part I and II)
- PG Cert, Integrative Psychotherapy

Previous Experience

- 2016 – Present Expert Psychology Consultancy Ltd
- 2011 – Present Private Practice
- 2012 – 2013 Therapy Services Manager, Priory Hospital
- 2008 – 2012 Clinical Nurse Therapist, Alpha Hospitals
- 1998 - 2008 Staff Nurse/Lead Therapies Nurse, PIC

Personal Summary

A highly qualified and experienced psychotherapist with extensive clinical expertise in the treatment and assessment of personality disorder and mental illness who is able to provide a range of specialist psychological assessment and treatment modalities in order to achieve the sustainable rehabilitation and recovery of patients with complex and enduring mental health problems; and who is highly adept in the application of: Dialectical Behaviour Therapy (DBT), Integrative Psychotherapy, Psychosocial Interventions (PSI), and Schema Focused Therapy (SFT).