**Mrs Jayne Gregg**

**Qualifications**

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| **School/College/University attended** | **Subjects studied and grades** | **Dates (from-to)** |
| Queens University Belfast | BSC Degree in Psychology, Second class honours, first division | 2007-2010 |
| Queens University Belfast | Post – Graduate Certificate of Cognitive Behaviour Practice | 2013 – 2014 |
| Queens University Belfast | Post – Graduate Diploma in Cognitive Behavioural Therapy | 2014-2016 |
| EMDR Masterclass | EMDR Masterclas. Part 1, 2& 3 | March – June 2017 |

**Professional Registration**

I am accredited with the British Association of Behavioural and Cognitive Psychotherapists (BABCP) as a Cognitive Behavioural Psychotherapist and aim to have accreditation with the EMDR Association in 2019.

**Further Training**

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| **Training / Course details** | **Date obtained** |
| Assessment and Care Planning – Rehabilitation of Addicted Prisoners Trust (RAPt) | Sept 2010 |
| Mental Health First Aid – RAPt | Nov 2010 |
| Drug and Alcohol Awareness - RAPt | Nov 2010 |
| Motivational Interviewing and Beyond - RAPt | Dec 2010 |
| 12 Step Awareness - RAPt | Jan 2011 |
| Group Facilitation Skills - RAPt | Feb 2011 |
| Harm Reduction - RAPt | April 2011 |
| ASIST – Niamh Louise Foundation | Sept 2011 |
| Emergency Life Support – British Heart Foundation | Nov 2011 |
| Naloxone Administration – Council of the Homeless NI (CHNI) | Nov 2011 |
| Level 2 Health and Safety in the Workplace – Highfield awarding body for compliance | Dec 2011 |
| Basic Life Support and Overdose Management – (CHNI) | Feb 2012 |
| Ketamine – CHNI | March 2012 |
| SafeTALK – Living Works | May 2012 |
| Level 3 OCN in Tackling substance use which included the following modules - ASCERT  Providing Harm Minimisation Support to substance users –(Accredited)  Educating other about Substances and their Effects –(Accredited)  Practical Ways of working with substance misusing clients : understanding approaches (Accredited)  Practical ways to working with substance misusing clients : from referral to assessment (Accredited) | Dec 2012 |
| Trauma and Addiction OCN Level 3 – WAVE trauma centre | Dec 2012 |
| Seeking Safety – Martha Schmitz, Phd | Jan 2013 |
| KUF Personality Disorders, Clinical Education Centre | March 2013 |
| Wellness Recovery Action Planning, Clinical Education Centre | Oct 2013 |
| STORM 3 – self harm mitigation, Clinical Education Centre | Oct 2015 |
| STROM 3 – Suicide Mitigation, Clinical Education Centre | Oct 2015 |
| Trauma Focussed CBT, Oxford Cognitive Therapy Centre | Jan 2016 |
| CBT for GAD, IABCP | Oct 2017 |
| CBT for Complicated PTSD, IABCP | March 2018 |
| Trauma Summit | June 2018 |
| Supervision Training, Queens University Belfast | October 2018 |

**Work Experience**

**Northern Health and Social Care Trust, Psychological Therapy Service, Psychological Therapist 2016 – current**

* Providing psychological assessment and interventions to Step 3-5 patients within the Psychological Therapy Service, delivering Psychological Therapies; predominantly Cognitive Behavioural Therapy and EMDR.
* Delivering a trauma stabilisation group for those awaiting one-to-one therapy
* Co-ordinate and lead peer led EMDR supervision

**J.Gregg Psychotherapy, Psychotherapist 2016 – current**

* Providing psychological assessment and interventions to Step 3-5 patients within the Psychological Therapy Service, delivering Psychological Therapies; predominantly Cognitive Behavioural Therapy and EMDR.
* Providing consultation to counselling organisations within the community

**FASA (Forum for Action Against Substance Abuse), Trauma and Addiction Specialist 2012-2016**

* Within this role I coordinated adult substance misuse services across the Northern HSCT, Belfast HSCT and South Eastern HSCT ensuring best practice services using evidence based techniques including cognitive behavioural therapy and seeking safety.
* Managing and supervising staff providing services to individuals impacted by substance use and associated mental health problems. This included providing support and advice with case management, conducting supervisions, setting / monitoring targets and ensuring the successful delivery of contract specifications.
* Delivering therapy to a case load of clients within the trauma and addiction service, providing support to those impacted by the NI troubles, experiencing symptoms of PTSD including seeking safety and CBT.

**Simon Community NI, Alcohol Harm Reduction Worker, 2011 -2012**

* Within this post I supported clients who were homeless or at risk of being homeless and using substances in a 1-1 and / or group setting.
* Carrying out assessments with clients. Creating and delivering client centered care plans with the overall aim of reducing the harm and risk caused by substance use and homelessness.
* Completing networking and service development tasks
* Designing and delivering relevant group work

**TADA Rural Community Network, Project Coordinator, 2011**

* This role involved coordinating the maximising access programme
* Reaching out to rural communities in order to maximise their awareness and access to a range of service including mental health service, financial advice, home safety checks, rural transport etc.
* Hosting information events, designing leaflets and arranging drop in sessions. A core part of my role was also completing

**RAPt, Rehabilitation of Addicted Prisoners Trust, CARAT (Counselling, Assessment, Referral, Aftercare and Throughcare) Worker, 2010-2011**

* This role involved working in a custodial setting with client who misused substances prior to sentencing and / or during sentencing.
* This was based within a multidisciplinary organisation (prison).
* My role involved completing comprehensive substance misuse and mental health assessments, creating and carrying out client centered care plans to best meet need.
* Delivering treatment on a 1-1 basis and within group settings.