

Anita Helene Jaffe

The Centre for Cognitive-Behavioural Therapy
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Personal Profile

Highly self-motivated, with both long clinical experience as a counsellor/therapist. An academic and training based career lecturing in health and social care. Cognitive-Behaviour teaching at the Masters level, with training initiatives in industry for stress reduction, prevention and supervision.

Education and Qualification

1980 - 1984	Honours degree in Humanities (Psychology) Temple University, Phila, PA. U.S.A.
1985 - 1986	M.A. approved in Psychology in Reversal Theory, University of Wales, Cardiff - Dr. Michael Apter.
1986 - 1988	Postgraduate research in Reversal Theory to develop a deautomatisation technique under Dr. Michael Apter.
1989 - 1990	Post Graduate Certificate of Education (FE) Stage1 Ebbw Vale College.
1995 - 1996	M.A. Counselling (Distinction) University of Wales College Alt yr yn, Newport.

Career Summary

1985 - 1988	Created and delivered a series of courses to the long-term unemployed under the auspices of Geoffrey Holland MSC - Community Programme in conjunction with post graduate research. A paper was delivered on this at the Reversal Theory Conference 1985.
1985 - present	Trainer/Therapist, Self-employed.
1989 - 1990	Lecturer Ebbw Vale College in Health and Social Care at BTEC and GNVQ Levels.

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- 1990 - 1997 Self-employed as counsellor for numerous Churches in Wales exclusively for Christians with therapeutic needs.
- 1997 - 1999 Lecturer in M.A. Counselling at the University of Wales, Alt yr yn Campus, Newport, in Cognitive-Behavioural Therapy.
- 1997 - 2000 Director of The Centre for Cognitive-Behavioural Therapy. Executive Centre, Temple Court, Cathedral Road, Cardiff. Duties included: Psychological assessments. Training in stress reduction for managers, eating disorders, clinical caseload including anxiety, depression, post Traumatic Stress Disorder, social phobia, couples and accident /solicitors insurance reports.
- 2000 - Present Director of The Centre for Cognitive-Behavioural Therapy, Chislehurst Business Centre, Sunnymead, 1 Bromley Lane, Chislehurst and 117 Fenchurch Street, London, EC3.
Assessment, diagnosis and treatment for stress-related and emotional disorders across a broad clinical spectrum. This includes anxiety, depression, couples and marital conflict, eating disorders, phobias, bereavement. Executive mentoring, child stress.

Other Skills

Computer literate.

Memberships

British Association for Behavioural and Cognitive Psychotherapies
Association of Christian Counsellors.

Interests

I am a keen walker, and naturalist, and my leisure time includes reading, listening to classical music and travelling.

Status:

Married
Two adult children