

Russell Wharton:

Job Title:

Behavioural and Cognitive Psychotherapist and Supervisor (BABCP accredited)
EMDR Europe approved Consultant
Registered Mental Health Nurse

Qualifications:

Higher Diploma in Education (Nursing)
BSc (Hons) Mental Health Nursing
PG Dip Cognitive Behaviour Therapy
PG Cert Clinical Supervision
EMDR pts 1 – 3
EMDR Child and Adolescent pts 1 & 2

Numerous CPD Events including training on working with implicit / pre-language trauma.

Professional Bodies:

BABCP, NMC and EMDR Europe.

Employment Record:

2001 – 2016 Norfolk and Suffolk Foundation Trust:

Mental Health Nurse (Forensic), Mental Health Nurse / Charge Nurse (Adult Recovery), Prison In-reach Nurse, Community Mental Health Nurse (adult), Primary Care Link Worker, Cognitive Behaviour Therapist (IAPT / Wellbeing), Psychological Therapist (CAMHS)

2016 – current

Self employed private practice:

Adults, Older Adults, Children, Adolescents, Medico-legal claims, employment assistance, common mental health problems, associate to Dr Sillifant

Experience:

Clinical

I have worked in the NHS for over 16 years, gaining clinical experience in a variety of settings. I began my NHS career employed within forensic psychiatry, moving through various specialities until training in Cognitive Behaviour Therapy in 2007. Towards the latter part of my NHS career I have worked in child and adolescent services (CAMHS) as well as in private practice. I now work full time in private practice.

Since training in CBT I have developed an interest in psychological trauma. I have subsequently trained in Eye Movement Desensitisation and Reprocessing (EMDR). I was awarded EMDR Consultant status in 2015 and now provide supervision and consultation to others in this approach.

Supervisory

I supervise both trainee and accredited CBT Therapist in the NHS and private practice. I also provide CBT Supervision to Therapists and Counsellors not trained in CBT but providing this intervention to their clients. I have supervised trainees to qualification through the UEA and Anglia Ruskin PG dip in CBT.

I provide EMDR Supervision and consultation to all disciplines undertaking this approach.