

## **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