

working4recovery

Psychotherapy, counselling, consultancy
and **clinical supervision**

Dr Richard Lakeman specialises in providing trauma informed and mental health recovery focused psychotherapy, clinical supervision and consultancy

Confidential “off the grid” therapy and debriefing for professionals in all industries exposed to vicarious or work related trauma

Dr Richard Lakeman is a mental health nurse and psychotherapist with over 35 years experience in mental health informed by training in:

- Eye Movement Desensitisation Therapy (EMDR)
- Rational Emotive Behavioural Therapy
- Cognitive Behavioural Therapy
- Dialectical Behavioural Therapy
- Acceptance & Commitment Therapy
- Motivational Interviewing
- Open dialogue methods
- Psychodynamic principles
- Family therapy approaches
- Mental health nursing
- Focused psychological approaches (and providing level 2 training for GPs)

Richard Lakeman is an Adjunct Professor in Mental Health at SCU. He has extensive practical experience providing services to those with the most complex needs and in providing clinical supervision.

Do review [Richard's research, presentation and publication profile](#).

Clinical supervision can be provided on zoom or skype at a mutually convenient time @\$150 per hour with the first 3 session paid in advance.

Clinical supervision refers to the process of overseeing and providing guidance to healthcare professionals, as they work with patients. This includes reviewing case material, offering feedback and support, and promoting professional development. The goal of clinical supervision is to enhance the quality of patient care .

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