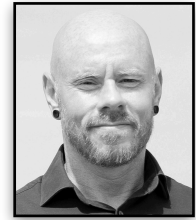


SAMUEL D COTTON PGDip, BA(Hons) DHypPsychUK MBACP
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BACP 0953261



Integrative psychotherapist, counsellor and group facilitator, workshop leader and presenter.
Experienced addictions therapist.
A passion for human connection with excellent communication and administration skills.

Career Experience

Freelance Psychotherapist, Innisfree Therapy, Harley Street, London W1 Feb 2023-present
Working with men in a private clinical setting, both online and face-to-face, to support them through a process of recovery from compulsive sexual behaviour.

Addiction Treatment Programme Therapist, The Priory Roehampton, London Feb 2022-Feb 2023
Delivered 28 day, 12-step based treatment programme in the Addictions Unit of the Priory, London. Facilitating group therapy sessions, delivering psycho-educational group workshops, 1:1 therapy sessions, caseload management and related administrative tasks.

Freelance Psychotherapist & Counsellor 2014-present
Used an integrative and person-centred approach with clients, to support them in a wide-range of issues, such as addiction, grief, loss, stress, anxiety and depression. Experienced in face-to-face and online sessions running face-to-face sessions in London Liverpool Street. Caseload approximately 10-14 private clients per week, and fortnightly supervision. Over 2000 hours of clinical experience.

Lead Psychotherapist, Raising Humanity LLC 2019 - 2021
Ran online 1:1 therapy sessions and online group process facilitation for a course delivering a structured program of personal growth and development for parents. Therapeutic lead for client wellbeing and programme delivery.

Counsellor for Change Grow Live, London 2019-2020
Offered therapeutic support to clients recovering from alcoholism, some of whom had been through detox, others who were still in active addiction. Managed small caseload and delivered weekly sessions using person-centred therapy and integrating other approaches, such as motivational interviewing, CBT, mindfulness and Transactional Analysis.

Assistant Facilitator, The Marylebone Centre 2018-2019
Assisted Dr Thaddeus Birchard in a structured programme of recovery for compulsive sexual behaviour. This involved supporting process group work and delivering CBT based sessions as well as art therapy and mindfulness practice.

Hoffman Process Teacher / Senior Hoffman Teacher 2014 - 2018
Led and delivered a structured 7-day residential programme of intensive emotional, spiritual and experiential work, which included 1:1 psychotherapy, group process work, psycho-educational presentations, cathartic release work, CBT interventions, Gestalt techniques and guided visualisation. Guided clients through strong emotional catharsis, often supporting trauma and grief. Approx 700 hrs of 1:1 work, and 1200 hours of teacher-led facilitation over four years, working with clients from a wide range of social and cultural backgrounds.

Volunteer Coordinator, Kalani Oceanside Retreat, Hawaii Dec 2012 - Dec 2013
I took a year out and worked on a community project on Hawaii's Big Island. Managed a jungle community of 120 volunteer staff, providing pastoral and administrative support, conducted interviews with prospective volunteers and ran group community meetings.

Course Lecturer, Within-Sight Therapy Training, University of Sussex, UK 2010-2012
Devised and compiled own lectures on addictions and improvising for therapists, compiled
Keynote presentations, worked in lecture and workshop format, dealt with student questions and
delivered motivational talks and training.

Police Controller & Emergency Call Handler, Sussex Police, Brighton Dec 2008 - Oct 2012
Dispatched emergency response officers and handled inbound police emergency 999 calls from
the public in a high-pressure control room environment. Dealt with distressed members of the
public, carried out dynamic risk assessments on incoming emergencies, at times negotiated callers
out of life-threatening situations, gathered information rapidly using skilful questioning and listening
skills. Delivered precise communication over police radio.

Hypnotherapist & Solution-Focused Therapist, Brighton UK (part-time, freelance) 2009-2011
Worked with a wide-range of clients to help them overcome addictions, phobias, behavioural
difficulties and traumatic experiences. Working one to one, my approach involved building strong
rapport with clients and using solution-focused questioning and positive re-framing as well as
hypnosis, in particular the 'Rewind Technique' for trauma release work.

Other experience

6 years of weekly personal psychotherapy
Personal experience of 12-step recovery since 2006
Meditation & Mindfulness practitioner and teacher
Created and delivered own personal development workshops
Monthly columnist in a UK health magazine
4-year career as a freelance television researcher/assistant producer
Originally trained and worked as a professional actor/singer/dancer

Qualifications

PGDip in Addiction Psychology & Counselling, London South Bank University, 2019-2021
Qualified Senior Hoffman Teacher, Hoffman Institute UK, 2014-2015
Diploma in Solution-Focused Therapy & Hypnotherapy, Uncommon Knowledge, Brighton 2009
BA(Hons) Performance Studies (2:1), City University, London 2012
Currently Registered member with BACP - accreditation application submitted

CELTA Teaching Certification (Grade A), St Giles College, Brighton 2013
Diploma in Musical Theatre (3 years), Arts Educational Schools London 1997
National Certificate in Theatre Arts, Fife College, Scotland 1992

References

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