

Gordon Culbert

I am a Mindfulness Based Cognitive Psychotherapist and a fully Certified Teacher in Mindfulness Based Living (MBLC) and Compassion Based Living (CBLIC) with the Mindfulness Association. I am also completing my Mindful Self Compassion Teacher Training (MSC) with Christopher Germer in Amsterdam in July 2017.

I have facilitated a range of Mindfulness and Compassion Courses on a group, 1:1 and retreat basis.

I have worked in the field of Mental Health for over 10 years both for the NHS (Forensic Psychology) and in Private Practice. I hold Post Graduate Diplomas in: Psychological Trauma, Mental Health (CBT), and Brief Interventions and Counselling. The Clinical Modalities I offer psychotherapy in include: Mindfulness Based Cognitive Therapy (MBCT), Cognitive Behavioural Therapy (CBT), Mindful Self Compassion (MSC), Compassion Focused Therapy (CFT), Cognitive Analytic Therapy (CAT), Person Centred Therapy and Transactional Analysis (TA).

I began my personal Mindfulness journey in 2008 and the range of Courses and Retreats I have undertaken since then, has developed my understanding and practice of Mindfulness and Compassion.

I use Mindfulness and Mindful Self-Compassion in my own daily life to managing my individual challenges and my work as a psychotherapist. I have found that it has brought many positive aspects into my life and the people I work with.

Although trying to live mindfully has not take away all my individual problems or my clients, it has provided a user friendly resource to help navigate through the challenges of life. Also, all my practices are underpinned by a scientific evidenced base that supports the work I do, along with a sprinkling of humour for good measure.