



SPECIALISMS

- Individual and group work/supervision
- In-depth use of humanistic approaches
- Knowledge of psychodynamic and psychoanalytic theories
- Multidisciplinary team (MDT) working
- Dialectical behavioural therapy
- Acceptance and commitment therapy
- Cognitive behavioural therapy
- Compassion-focused therapy.

MEMBERSHIPS

HCPC Accredited counselling psychologist
PYL34195

CONTACT

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6 Minshull Street, Manchester, M1 3ED



DR LAUREN MCCOY

Counselling psychologist at The Bridge Service

PROFESSIONAL EXPERIENCE

Lauren is a creative and compassionate Chartered Counselling Psychologist. She has worked extensively with adults and children in a variety of different psychological services. She has worked for the National Health Service, charity organisations and in private specialist settings. Lauren believes she can make the most positive difference to the outcomes of eating disorder clients by setting up The Bridge as an outpatient service to meet the needs of children and young people. She has expert therapy skills which contribute to treatment progress and recovery by successfully providing a safe and non-judgmental space to help facilitate personal growth and development. She has the knowledge, drive and caring personality to help young people turn their life around.

EDUCATION

Psychology (Bsc): Manchester Metropolitan University

Clinical Psychology and Health Studies (Msc): Goldsmiths University

Doctorate in Counselling Psychology (PhD): The University of Manchester

Eating disorder specific training at the The Priory, Cheadle

COURSES

- Level 3 - Counseling skills course
- BPS accredited supervision (2017)
- Yoga in therapy- trauma institute
- Mindfulness based stress reduction course
- Dialectical behavioural therapy skills training
- Emotion freedom technique (AAMAT) certificate
- Substance misuse training
- Autism
- Epilepsy
- Basic support worker courses
- Safeguarding
- Vulnerable adults and children safeguarding
- ASSIST suicide prevention training