

CHANGING MINDS^{UK}

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



DAVID MORRIS^{MSC.} TRAINEE COGNITIVE BEHAVIOURAL THERAPIST



David has a Masters in Psychology and is a trainee Cognitive Behavioural Psychotherapist working for Changing Minds. He works predominantly within services for young people, families and adults with complex needs and supports the psychological needs of organisations and individual clients within business and performance environments. David is Project Lead on the development of a new Changing Minds Wellbeing Centre opening in 2018.

David undertakes assessments and delivers psychologically informed interventions with children, young people and adults. Although David often delivers therapy primarily within a cognitive behavioural framework, he uses an integrative approach incorporating other therapeutic approaches such as mindfulness, Compassion Focussed Therapy and DBT Skills. David has delivered adult wellbeing services within the business environment, including group and individual work with employees focused a variety of wellbeing topics in the workplace. David also develops and delivers bespoke training on topics such as stress and self-care, sleep, anger management, de-escalation strategies, and customer services training. David is keen to ensure that his, and the organisation's work remains at a high standard, and therefore has undertaken associated service evaluations and actively supports the organisation's outcomes and evaluation framework. David has previously spent 3 years working as an Assistant Psychologist for Changing Minds and has a wider background experience as a Service Manager in a residential and community outreach provision for homeless adults. He has developed strong management and organisational skills and a successful ability to produce and manage multiple large-scale projects. David is currently working towards his Cognitive Behavioural Psychotherapies (PGDip) Accreditation at Bolton University.