

Lisa Dunthorne

Professional Qualifications

DipCOT: Northampton School of OT, 1989

Diploma in Humanistic Counselling: Guildford College, 2017

Professional Memberships

British Association of Occupational Therapists

HCPC

British Association of Counselling and Psychotherapy

Membership number

BT0102750

OT18929

855265

Location

South East. Lisa is based in Redhill and has a 2 hour capture area

Clinical Skills and Expertise

Lisa has wide experience of working with clients with complex physical and psychological issues as a result of physical injury, chronic conditions (including chronic pain), trauma, loss or other difficult life events. Lisa has worked as part of, and led, a large MDT within a rehabilitation framework, with a focus on individually tailored, holistic treatment programmes. She has established and run a number of education groups, including topics such as pain management, fatigue management and anxiety management. Lisa also has excellent verbal and written communication skills, both with clients and professionals at all levels, as well as experience of team leadership and service management; this includes mentorship and supervision of junior staff. She provides counselling to clients from a number of agencies, as well as in private practice.

Areas of speciality include:

- **Complex trauma**
- **Musculo-skeletal injury**
- **Amputees**
- **Pain Management**
- **Mental health problems**
- **Chronic condition Mx (CFS, FMS)**

Key Case management skills:

- Offers an excellent working understanding and respect for all members of the MDT, and is able to facilitate good working relationships.
- Ensures that rehab is goal-focused and that all members of the MDT are working as efficiently as possible.
- Provides clear clinical reasoning, with evidence based outcomes.

- Provides effective communication skills to ensure clients, family members and clinical staff feel fully heard and understood throughout the rehabilitation, as well as being given information in a timely fashion, to allow them to feel in control of the process as far as possible.
- Demonstrates professional confidence in all settings, being able to articulate the needs of the client objectively and concisely.
- Is able to chair and facilitate formal meetings and case conferences, ensuring the agenda is adhered to, and that all parties provide the information required.
- Is able to deal with challenging behaviour and emotions with professionalism and objectivity.
- Demonstrates clear and concise report writing skills.

Personal Profile

Working for over 20 years within a Military Rehabilitation setting has provided Lisa with the unique skills to offer a robust and holistic approach to meeting clients' needs. Her work within this rehab setting has given her unique experience of working within, and managing, a full MDT, comprising both physical and mental health practitioners. Her different roles as an Occupational therapist, manager and humanistic counsellor give her a unique set of skills, which allow her to hold the client at the centre of the therapy whilst maintaining an objective and mature approach to her work, whilst offering support to the MDT throughout the process.

Professional Work Summary:

July 2019 – present

Unite Professionals Ltd-
Case Manager

February 2018– present

Counsellor (GP surgery)

- Providing counselling to clients with a variety of presenting problems, and from a wide demographic.
- Providing training to Counselling team on topics such as Mild Brain injury and Chronic Condition Management.

Counsellor (Private Practice)

- Providing counselling services to Case Management/Insurance companies.
- Providing counselling to young people through a DA charity.
- Providing counselling to privately funded clients.

January 2008- July 2018

DMRC Headley Court
Head of Occupational Therapy

- Held responsibility for all OT staff and services across MOD.
- Supported staff in the treatment of patients with complex psychological and physical needs.
- Provided consultation to MOD on matters relating to OT role (e.g. psycho-social pathways, housing adaptation policy, mobility needs, return to work policy).
- Reviewed and monitored OT services across MOD.
- Provided appropriate responses to Parliamentary questions as required.

- Managed allied OT services, including Recreational therapy, Horticultural therapy, Wheelchair support and the rehab workshop.
- Provided an informal counselling service to staff

Nov 1994 – December 2007

DMRC Headley Court

Deputy Head Occupational Therapist

- Provided physical and psychological assessment and treatment to military personnel with musculo-skeletal disorders, including upper limb injuries, back conditions and chronic conditions such as FMS, CFS.
- Held responsibility for an Out-Patient ergonomic/seating assessment clinic.
- Delivered groups to patients, offering psycho-education on symptom management, including relaxation and mindfulness.
- Provided both verbal and written reports to clinic settings and outside agencies.

October 1989 – November 1994

Royal Surrey County Hospital

Occupational therapist

- Basic grade: Clinical rotations across acute setting.
- Senior 2: Orthopaedic lead.
- Senior 1: Specialist in splinting and fracture bracing

Continued Professional Development:

- Management of Chronic Fatigue
- Management of Fibromyalgia
- Primary certificate in CBT
- Equine-assisted psychotherapy
- Solution focused therapy
- Mindfulness/relaxation
- Mood management
- Motivational interviewing
- Trauma and DID
- Master Classes in Pain Management