

Elaine Collins Integrative Therapist

BA Hons, PGCert, CNHC, M-NCIP, C-IAYT

elainecollinsuk@yahoo.co.uk

07941 256235

London EC1/WC1

INTRODUCTION

I am an Integrative Therapist specialising in Mind-Body psychotherapy and Yoga Therapy.

I work in private practice in EC1/WC1, as a supervision lead, course director and lecturer for The Mindful Institute, and with third-sector organisations supporting people who have HIV, PTSD, social isolation, mental health challenges and suicidal thoughts.

My private practice clients are typically dealing with issues such as anxiety, depression, stress, overwhelm and burnout, chronic pain, menopause, major life transitions, low self-esteem and/or emotional suffering. Additionally I work with clients seeking to find greater meaning and fulfilment in their lives and self-understanding. I have developed particular expertise in working with complex trauma and borderline personality disorder, often as an adjunct therapy alongside psychiatric support.

There is a natural integrative and transpersonal theme within my work as I seek to work with a client to bring balance to all aspects of their being: body, breath and energy, mental, emotional and spiritual.

I am registered with the Complementary and Natural Healthcare Council (CNHC), a certified member of the International Association of Yoga Therapists (C-IAYT), the College of Medicine and Integrated Health, the Association of IEMT Practitioners, and a registered member of National Council of Integrative Psychotherapists. I have current DBS clearance, professional insurance and first aid certification, and receive regular clinical supervision.

CAREER SUMMARY

2023-present: Co-course Director and Senior Lecturer, Diploma in Integrative Yoga Psychotherapy, The Mindful Institute

With Heather Mason I have developed, coordinated and lecture on this innovative Level 7 diploma programme

2016-present: Self-employed, Live and Breathe Therapy, Elaine Collins Psychotherapy, London WC1

Offering Mind-Body therapy, Mindfulness, Yoga Therapy, Integral Eye Movement Therapy and somatic coaching to private clients, corporates and third-sector clients.

Applications:

- designed and delivered a 12-week online programme for OM Sound and Spirit project, funded by the Emergence Fund, for people who felt isolated by their severe mental health challenges.
- delivered YIHA 10-week course for Yoga4Health in a research programme evaluated by University of Westminster on behalf of West London NHS CCG. This marries chair and mat yoga with psychoeducation for people of all abilities who have been referred by GPs for being at risk of diabetes, CV disease, anxiety and depression.
- teaching breathing practices for self-regulation to frontline NHS staff and members of the Grenfell Tower community at risk of PTSD.
- working with people with chronic pain, as part of ongoing self-management initiative during and after completion of ACT programme.

2018-present: Supervision Manager, The Minded Institute, London NW1

In addition to supervising my own students on their training journey to becoming yoga therapists, I coordinate the team of 20 supervisors and supervision leads and have helped to develop an accredited certification training programme for the Institute.

2018-2021: Founder, Manager and Practitioner, The Minded Clinic, London NW1

With a small team of Minded-trained volunteers, we established a not-for-profit therapy clinic in the deprived inner-city borough of Camden, making the benefits of yoga therapy available to client groups for whom it would not otherwise be accessible. Our clients include social exclusion tenants of One Housing Group, often with severe mental and physical health issues, including many with complex trauma. We also received referrals from Camden Healthy Minds, Pain Space, the Women's Crisis Centre and the St Pancras Hospital PTSD unit. From March 2020 we have continued primarily in an online capacity.

2018-2021: Volunteer at The Listening Place, London SW1

January 2018-March 2018. Trained and supervised as a listening volunteer for people who are suicidal from April 2018-2021, including assessments for new visitors and interviewing volunteer applicants.

Prior to 2016:

I worked in publishing, intellectual property rights and online media, with a career spanning board-level senior management positions and taking three ventures from start-up to established and enduring companies, including TheGoodWebGuide.com, Findmypast.com, and Ancestors magazine for The National Archives.

DEGREE AND MULTI-YEAR PROFESSIONAL TRAININGS

The Minded Institute: Advanced Supervision Certification 2023

University of East London: PGCert in Counselling and Psychotherapy, Sept 2020-May 2021

The Minded Institute: 580hr Yoga Therapy for Mind Professional Diploma March 2017-December 2019

University of Pennsylvania, PA, US: Post-graduate Research Fellow, Critical Theory, Sept 1984 – May 1986

University College, London, Gower Street, London WC1: BA in Philosophy (Honours), Oct 1980 – May 1983

CURRENT ADVISORY ROLES

- Member of the Advisory Board, The Minded Institute
- Member of the Strategic Advisory Board, Outsider Music (OM CIC), music therapy for mental health.
- Member of the Yoga in Healthcare Provider Group, under the College of Medicine and Integrated Health's Yoga division, and a member of the sub-committee for Developing Standards: Quality Assurance Standards of Practice and Service.

RECENT TRAININGS AND CPDs

Association for Psychological Therapies: ACT Essentials, February 2021

Body and Soul: Dialectical Behavioural Therapy (DBT) training, May 2022

Breath, Body, Mind: Level 1 Teacher Training, November 2019, 34 hours with Dr Richard Brown and Dr Patricia Gerbarg

Breath for Life: Workshops and individual study, 140+ hours with Ben Wolff, 2013-2019

Confer Training, London W1

- Polyvagal Theory, Oxytocin and the neurobiology of Love and Trust, one-day seminar with Professor Stephen Porges and Professor Sue Carter
- A Study in Trauma and Somatic Memory, June 2020, 6 hours training with Dr Janina Fisher

FutureLearn Online Courses: October 2017-December 2018

- University of Reading, Understanding Anxiety, Depression and CBT
- Monash University, Mindfulness for Wellbeing and Peak Performance
- University of Birmingham, Good Brain, Bad Brain: Basics
- University of Birmingham, Good Brain, Bad Brain: Parkinson's Disease

The Gestalt Centre

- Introduction to Gestalt 2023
- Gestalt in Action 2023

IEMT Academy, London SE1: Integral Eye Movement Therapy Certified Practitioner, 2019 with Matt Kendall. Further training with Joanna Harper focused on using IEMT in yoga therapy, 2021.

Internal Family Systems Institute: IFS Level 1, April 2021 (see also IFS trainings via PESI)

The Minded Institute

- Integrative Yoga Psychotherapy Diploma 2023-2024
- C-IAYT certification 2022-2023
- Embodied Supervision Training 2023
- YT for Chronic Pain 2022
- YT for Perinatal Mental Health 2021
- IEMT for Mind-Body Therapists 2021
- Certification in teaching the Minded 8-week course for Stress, Anxiety and Depression 2019
- Minded Yoga Therapy Supervision Training 2018
- Experiential Anatomy for Yoga Therapists with Gary Carter 2018

Mundo Method Somatic Headache and Migraine Coach Training, New York, US

- March 2015 (foundation) December 2017 (advanced), 45 hours with Jan Mundo

National Institute for the Clinical Application of Behavioral Medicine (NICABM): March 2018 to present, online CPD courses including:

- Treating Trauma Master Series
- Working with Core Beliefs of 'Never Good Enough'
- Regulating the Physical Experience of Anxiety
- The Neurobiology of Attachment – working with Trauma
- How to help client dysregulation and come back from hypoarousal

Online Events

- Relational Depth, Mick Cooper, November 2022
- Working with Transference and Countertransference, The Link Centre, Anisha Pandya Oct 2022
- Other than Myself: Diversity Conference, October 2022
- Self Esteem and Transactional Analysis, Frances Townsend, October 2022
- A Pluralistic Approach to Therapy, Mick Cooper, September 2022
- The Schools of Existential Therapy, Workshop with Mick Cooper 2022

PESI UK (Psychological Excellence)

- Using Compassion Focused Therapy for Trauma with Dr Chris Irons, November 2022
- Internal Family Systems Master Class with Richard Schwartz, November 2022
- Working with Relational Depth, September 2022, Dr Mick Cooper
- Internal Family Systems: A Step by Step Guide Through Clinical Applications of the IFS Model, July 2021
- Therapist Burnout and Vicarious Trauma, February 2021
- Trauma and Expressive Arts Therapy, December 2020, with Cathy Malchiodi, PhD
- How the Body Keeps the Score: Intensive Treatment Course, July 2020, with Dr Bessel Van der Kolk
- Essential Trauma Treatment Strategies: The Importance of Orienting and Defensive Responses, July 2020, with Pat Ogden, PhD
- Releasing Trauma from the Body, Essential Strategies, May 2020, with Peter Levine, PhD
- Cognitive Behavioural Therapy for Anxiety and Depression, June 2020, Jonathan Ludgate PhD
- How the Body Releases Trauma and Restores Goodness, June 2020, Peter Levine, PhD
- Helping Clients Heal Trauma and PTSD During the Pandemic, May 2020, Janina Fisher Ph.D
- Applying Polyvagal Theory during the COVID-19 pandemic, April 2020, Deb Dana

Phoenix Rising

- Introduction to Phoenix Rising Therapy, April 2017 12 hours with Judy Sampath
- Phoenix Rising Essentials, Level 1, 2019, with Michael Lee
- Phoenix Rising Level 2, 2021, with Michael Lee

Sensorimotor Psychotherapy Institute

- Dissociation and the Body, with Pat Ogden PhD
- Sensorimotor Psychotherapy from a Distance: Engaging the Body, Creating Presence, and Building Relationship in Online Therapy
- Wisdom of the Body: Transforming Trauma and Attachment Wounds

Yogacampus

- Intuition, Ethics, Intimacy and Boundaries: Yoga Therapy Foundation Module, October 2016, with Uma Dinsmore-Tuli, Lisa Kaley-Isley
- Practical Philosophy of Healing: Yoga Therapy foundation module, June 2016, with Anna Blackmore, Marc Beuvain
- Therapeutic Yoga Practices for Physical and Emotional Health, October 2016, with Marc Beuvain
- Yoga For Anxiety and Depression, October 2016, with Lisa Kaley-Isley
- Relax and Renew Restorative Yoga Teacher Training, April 2016, with Judith Lasater
- Yoga Nidra Facilitator Teacher Training, April 2016 – October 2016, with Uma Dinsmore-Tuli, Nirlipta Tuli, Ben Wolff
- Practical Guide to Teaching Meditation In the Yoga Tradition, May 2016, with Rolf Sovik
- Mental Health Basics for Yoga Teachers, November 2015, with Lisa Kaley-Isley
- Yin Yoga Advanced Training, October 2015, with Norman Blair

Yoga In Healthcare Alliance

- Yoga4Health 10-week Course Instructor certification, August 2018, 30 hours with Paul Fox, Heather Mason.

University of Oxford

- Cognitive Behavioural Skills to Treat Back Pain: The Back Skills Training (BEST) Programme, 2019, British Psychological Society accredited

University of Liverpool

- Psychology and Mental Health: Beyond Nature and Nurture, May 2020, via FutureLearn Online, 36 hours

PUBLICATIONS

How to Use Yoga: A Step-by-Step Guide to the Iyengar Method of Yoga for Relaxation, Health and Well-being, Mira Mehta (author), Elaine Collins (editor), Lorenz Press, London, 1993 (seven editions)

Towards an evidence-based case for Yoga Therapy as treatment for Borderline Personality Disorder, Online Publication, 2019, DOI: 10.13140/RG.2.2.12554.54721.