

Carole Cronfield

I am an accredited Cognitive Behavioural Therapist (CBT) registered with the British Association of Behavioural and Cognitive Psychotherapy (BABCP). I am based in Doncaster, South Yorkshire. I have been a clinician in the practice of CBT since 2010. I am listed on the BABCP National Register of CBT Therapists: <http://www.cbtregisteruk.com/MemberDetail.aspx> and on the CBTtherapist.com website: <https://cbttherapist.com/dir/therapist-listings/carole-marie-cronfield/>

Prior to becoming a CBT therapist I worked as a Psychological Wellbeing Practitioner (PWP) in an NHS primary care mental health service for four years from 2006-2010.

I am a certified eye movement desensitisation reprocessing (EMDR) therapist and a member of EMDR Europe.

I am a certified Supervisor of CBT Therapists and Psychological Wellbeing Practitioners.

Both CBT and EMDR are evidence based and recommended by the National Institute of Clinical Excellence (NICE) for the treatment of depression and anxiety disorders. EMDR is recommended for trauma/PTSD therapy. It can also be used as a desensitisation therapy for emotions relating to depression and some anxiety disorders.

I am also trained in other models of psychological therapy such as Mindfulness, Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Analysis System of Psychotherapy (CBASP).

I have 22 years' experience working in the NHS including 13 years' experience working in an NHS primary care mental health service.

I am an experienced facilitator of group CBT based courses for stress management, depression, panic and low self-esteem.

I provide confidential CBT/EMDR therapy in a calm and friendly setting for people struggling with common mental health problems - depression, anxiety related issues and trauma/PTSD.

I am able to offer therapy for:

Depression, Panic and Anxiety, Worry and Anxiety, Social Anxiety, Health Anxiety, Emotional Dysregulation (often associated with borderline personality disorder), Obsessive Compulsive Disorder (OCD), Stress Management, Trauma, Post-Traumatic Stress Disorder (PTSD), Phobia, Bulimia, Binge eating, low self-esteem.

I am experienced in the treatment of other anxiety disorders not listed. If the problems you are struggling with are not included on this list and you are interested in a course of therapy please contact me and I will advise whether I am able to provide therapy.

The services I provide:

Face to face CBT and EMDR therapy.

Online CBT therapy

Provided for people living outside Doncaster and surrounding areas.

CBT clinical supervision for High Intensity CBT therapists working with common mental health disorders in private practice.

Face to face appointments and can be provided online for those living outside Doncaster and surrounding areas.

I am registered with the Information Commissioners Office (ICO) which means I am required to tell you what data I am collecting from you and what I intend to do with it in line with General Data Protection Regulation (GDPR). A copy of my GDPR policy is provided at consultation.

If you would like any further information please visit:

Website: yorkshire-therapy.co.uk

Facebook: facebook.com/CBTwithCarole/

Alternatively you can contact me on:

Email: carole.cronfield@gmail.com

Mobile: 07834 284063