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John Seex

Profile **Consultant in personal and professional development, skilled in strategic thinking and facilitating communication and Psychotherapist. Central to my approach is to integrate the personal and professional, using people's emotional intelligence for the benefit of the team and organisation: allowing people to bring their human selves to work.**

Present Employment

from Feb 09 Psychotherapist in private practice
July 2006 **Counsellor** (15hrs.)
Refugee Resource
July 2005 **Management Consultant** (15hrs.)
Right CoreCare, Employee Assistance
Programme Provider

Professional Experience

Jan-
July 2005 **Care Pathway Facilitator**
Bath and North East Somerset PCT, Child
Health
2004-06 **Volunteer Counsellor**
Cotswold Counselling Centre
2004-05 **Connexions Voluntary Sector Consultant**
Wiltshire County Council and Voluntary Action
Swindon
2000-02 **Head of Personnel**
Dechen Choling Meditation Centre, France
1996-2000 **Freelance Consultant**
Kings College Hospital
Consultant on their Mid-Career Break Scheme for
GP's, 1997-2000, facilitating Action Learning Groups
Consultant to the London International College of
Homeopathy management group
1993-1996 Family Planning Association, London
Training Manager
1990-1993 City and Hackney Young People's Project
Development Officer
1987-90 Silwood Youth Centre, London
Co-ordinator
1980-81 Arnesens Secondary School, Kenya

Teacher

- Professional Articles** **Group Process in a Buddhist Community**, 2002, unpublished
The Personal and Professional Development of GP's, 1999, unpublished
Choices: the setting up of a young people's family planning clinic, 1996
Men and Family Planning,
(Family Planning Matters International Journal Nov.1994)
Sex Education and Young Men,
(Conference Report Sexual Health in Wales, 1993)
A Health Authority Approach to Sex Education
(The All Party Parliamentary Committee on HIV/AIDS, OP1992)
- Voluntary Work** Meditation Instructor and Buddhist teacher with the London Shambhala Meditation Centre
- Professional Training** Diploma in Youth and Community Work
Manchester Polytechnic, 1986-1987
- Diploma in Gestalt and Humanistic Counselling
The Gestalt Centre, 1997-1999
- Psychotherapist in Training (4th yr)
bcpc, Bath Centre for Psychotherapy and Counselling
- Short courses** **Finding a Safe Place, Trauma and Attachment**, 2007
A Systemic Approach to Management and Consultation, 2005, one day
Gestalt in Organisations, 2003, 3dys.
"Authentic Leadership" 2002 Shambhala Institute, Canada
2002 conference on organisational change, attended a core module on systemic thinking(7dys).
Training the Trainers, HIV Project, 10 dys. 1996
Introduction to Core Process Psychotherapy, 1994
- Education** BA (Hons) 2.1, University of Sussex, 1981-4
History in the School of African and Asian Studies
- 3 A levels, History (A), Biology (B), Chemistry (C)
Brockworth Comprehensive School, Glos. 1973-1980
- Interests** Buddhism and Meditation
Walking, Tennis, DIY and Cooking