

Charmaine McCaulay (MBACP)

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PSYCHOTHERAPIST | RACE SPECIALIST

A somatic relational psychotherapist and race specialist, with a proven career in working within the Creative arts, Education, Corporate, and Non profit sectors- creating space to make excellent choices, concerning mental, emotional, spiritual, and physical health.

EXPERIENCE

RACIAL AND EQUITY LIAISON OFFICER

*Oxford University | Oxford, UK
2021 - Present*

- Consulted on issues of race, equity, disabilities and inclusion.
- Led group forums of 200 students – in person - on matters of race and diversity and systemic institutionalised power structures.
- Held support groups (2-10 people).
- Held town hall meetings.
- Held 1:2:1 support for students in need
- On call and drop-in support, face to face and/or via zoom.
- Mediated communication between small groups and heads of departments.
- Liaised confidential issues with the Principal, the Chaplain and the Head of Disabilities.
- Created protocol on complaints procedures

PSYCHOTHERAPIST / EQUITY LIAISON OFFICER

*To Kill a Mockingbird - Sonia Friedman Company | London, UK
March 2022 - Present*

- Worked with diverse members on the production of *To Kill a Mockingbird*-on racially charged, sensitive and traumatic material and story-lines.
- On-call therapeutic support for individuals and groups- bullying, gendered issues, processing endings, work-life balance, etc.
- Liaised with production team and general manager concerning confidential matters in how best to support the cast and crew.
- developed specific exercises for members to process emotional and mental health difficulties they experience when working in the development stages, in the rehearsal room or on set.
- Supported movement through creative and organisational blocks.
- Supported sustainable increases of health and resilience in the actors/ actresses.
- Supported their ability to build deeper connections with other members of the staff and crew.
- Supported reduced rates of absenteeism.
- Helped develop practical skills to manage their anxiety both on-set and off stage, and in their personal lives.

PROFESSIONAL REGISTRATION

BACP (ACCREDITED) # 243618

EDUCATION

INTEGRATIVE PSYCHOTHERAPY AND COUNSELLING - MA

Middlesex University, London, UK | 2022

INTEGRATIVE COUNSELLING - DIPLOMA (BACP-ACCREDITED)

The Minster Centre, London, UK | 2016

TRAUMA YOGA - CERTIFICATE

The Yoga Clinic, London, UK | 2017

BREATHWORK - CERTIFICATE

Michael Soth, Oxford, UK | 2017

ANATOMY TRAINS-BREATHING-TRAUMA - CERTIFICATE

Tom Myers, London, UK | 2017

BREATHING PATTERN DISORDERS - CERTIFICATE

Leon Chaitow, London, UK / 2011

CRUSE BEREAVEMENT SUPPORT - CERTIFICATE

Cruse Bereavement, Oxford, UK | 2009

SPORTS AND REMEDIAL MASSAGE - CERTIFICATE

North London School of Sports Massage, London, UK | 2008

A GENERAL INTRODUCTION TO COUNSELLING -CERTIFICATE

Tokyo English Lifeline, Tokyo, Japan | 1990

JAPANESE LANGUAGE PROFICIENCY - CERTIFICATE

Franciscan Chapel, Tokyo, Japan | 1990



SECOND YEAR BODY PSYCHOTHERAPY TUTOR/GROUP FACILITATOR

*The Minster Centre | London, UK
2021 - present*

- Tutor for body and intersectionality in psychotherapy.
- Critical understanding of the body, diversity, and difference in society.

GROUP THERAPIST / FACILITATOR

*Racism in Real Time | London, UK and Online
2020 - present*

- Designed and implemented a series of workshops/seminars addressing racial wounding.
- Two separate group experiences - one for BIPOC, and one for white folks.
- Lead groups of 15 people through a 10-week process of being able to step in the embodied experience of racial wounding.

PSYCHOTHERAPIST / OWNER

*Kokoro Therapy | Banbury, UK and Online
2008 - present*

- Psychotherapy- clients include individuals, couples, families and groups.
- Clients present with matters including racial trauma, relationship issues, identity, anxiety, depression, workplace trauma, abuse, eating/ porn addictions etc.
- Clients include voice coaches, actors, and people in the public eye.
- Body Talk Therapy: I developed Body Talk Therapy over several years based on decades of training in working with the body in the UK, Canada, and Japan. Deals effectively with not only physical pain but also the emotional and psychological/spiritual stress that may manifest in the body.
- Sports and Remedial Massage
- Educate clients on nutrition, weight gain/loss, lifestyle choices.

COUNSELLOR

*Oxford School of Drama | Oxford, UK
2019-present*

- Students issues included- transition from studying into the performance arts industry
- Managing addictions- self harm.
- Exploring and dealing with impostor syndrome and performance anxiety.

COUNSELLOR

*Banbury Academy | Banbury, UK
2013-2018*

- Provided psychotherapy to students aged 16+
- Long-term and short-term therapy
- Conducted assessments for new clients/patients
- Wrote confidential client notes and clinical case reports
- High degree of knowledge of issues relating to confidentiality and GDPR

CONTINUING PROFESSIONAL DEVELOPMENT

- *Resmaa Menakem - Racialized trauma and the body (2022)*
- *Dr Reenee Singh, intimate strangers - interracial couples (2021)*
- *Dr. Isha McKenzie-Mavinga Master class Black issues and the challenge of racism (2018)*
- *Raja Selvam- "Working with attachment issues through body energy and consciousness" -3 days- (2014)*
- *Peter Levine- "Healing trauma and the body" -5 days (2013)*
- *Ian Stewart-TA- "Redecision training marathon" -3-days- (2013)*
- *Adrienne Lee -TA-"Process therapy group"-3-days- (2012)*

NON-CLINICAL EXPERIENCE

THE POWER SHIFT - DECOLONIZING DEVELOPMENT

Podcast Interviewer | 2022

- Series of podcasts interviewing key players in the world of international development to share ideas, inspire change and identify tools for practical action.

GROWER OF ORGANIC PRODUCE

*Windmill Orchards, Banbury UK
2001-Present*

- Situated on 26 acres - organic apples, pears, plums, quinces and walnuts.
- Responsible for the harvesting, sorting, cleaning, and packaging of the fruit.
- Overseeing of the on-site production of organic apple juice, pear juice, variety of jams, chutneys, vinegars, purees and fruit strips.
- Involved in the marketing and sale of produce and products.
- Liaised with businesses such as the Vaults and Garden Cafe in Oxford.

LANGUAGES

English
Japanese

REFERENCES AVAILABLE UPON REQUEST

