

## Curriculum Vitae – Dr. Sarah Mills

### Qualifications

- Bsc Honours in Psychology, Sheffield Hallam University 2005.
- D. Couns.Psych (Practitioner Doctorate in Counselling Psychology), Wolverhampton University 2012.
- Registered member of the Health Professionals Council, 2013.
- Doctoral Supervisor at the University of Wolverhampton, 2013/2014.
- EMDR (Eye Movement Desensitisation and Re-processing) Level 3 Practitioner, Manchester, 2017.

### Employment

- 2009 - Trainee Counselling Psychologist, Primary Care Mental Health, North Manchester General.
- 2010 -Trainee Counselling Psychologist, Secondary Care Mental Health, 5 Borough Partnership, Wigan.
- 2011 -Trainee Counselling Psychologist, Eating Disorders Service, The Priory, Cheadle Hulme.
- 2013-2014 – Doctoral Supervisor at the University of Wolverhampton for the D. Couns. Psych course.
- 2013-2018 – Counselling Psychologist, Step 4, Cheshire & Wirral Partnership.
- 2016 – Present – Principal Counselling Psychologist at Mind Change Psychological Services.
- 2018 – Associate Counselling Psychologist for Embrace Psychological Services.

### Research

- Doctoral Thesis – Treatment Efficacy in Post-Traumatic Stress Disorder.
- Mills, S & Hulbert-Williams, L (2012). Distinguishing between treatment efficacy and effectiveness in the treatment of Post-Traumatic Stress Disorder (PTSD): Implications for contentious therapies. *Counselling Psychology Quarterly*, 25 (3), pg 319-330.

**References – Available upon request.**