

Name: Osher Kaye

Profession: BABCP Accredited High-Intensity Cognitive Behavioural Psychotherapist & Counselling Psychologist in Professional Training

Qualification: BSc (Hons) Psychology, PGDip Cognitive Behavioural Psychotherapy, Doctorate in Counselling Psychology (In Progress)

Special Interest:

Cognitive Behavioural Therapy (CBT), Anxiety Disorders, Depression, Trauma Focused CBT, Attention Deficit Hyperactivity Disorder (ADHD), Humanistic values-based therapy.

Base: Manchester

Personal Statement, Experience and Employment:

Osher Kaye is a British Association for Behavioural and Cognitive Psychotherapies (BABCP) accredited High-Intensity Cognitive Behavioural Psychotherapist and a Counselling Psychologist in Professional Training at the University of Manchester. His clinical experience includes working across various mental health settings, providing assessments and evidence-based interventions for individuals of all ages.

Osher currently works as a Mental Health and ADHD/ASD Practitioner/Therapist at a community psychiatric mental health clinic, conducting comprehensive assessments, delivering therapeutic interventions, and collaborating with a multidisciplinary team under the guidance of a consultant psychiatrist. His role involves supporting clients with a range of mental health difficulties, including anxiety disorders, depression, ADHD, and trauma-related conditions.

Prior to this, Osher worked as a Learning Support Assistant in a Primary School, providing academic, emotional, and behavioural support to children with diverse needs. In this role, he collaborated with teachers, parents, and external professionals to develop tailored interventions that enhanced students' learning and well-being. Alongside this, he gained experience as a Director of a Youth Organisation, where he oversaw structured activities and support services for children and adolescents. His leadership involved designing and implementing programmes that fostered resilience, social development, and emotional well-being among young people.

As part of his training as a Counselling Psychologist, Osher gains experience working across both inpatient and outpatient settings, providing psychological support to individuals of all ages. This includes delivering therapeutic interventions for a diverse range of mental health difficulties, conducting assessments, and formulating treatment plans tailored to each individual's needs. His work spans children, adolescents, and adults, allowing him to develop

a comprehensive understanding of mental health care across different stages of life and clinical environments.

Professional Training and Qualifications:

- Doctorate in Counselling Psychology (In Progress) – University of Manchester
- Postgraduate Diploma (PGDip) in Cognitive Behavioural Psychotherapy – University of Central Lancashire
- Level 3 Counselling Skills – The Manchester College
- Bachelor of Science (BSc) in Psychology – The Open University

Key areas of expertise:

- **Assessment:**

Tailored, evidence based CBT treatment for ADHD and mental health conditions for children, adolescents, and adults

- **Formulation:**

Case conceptualisation integrating psychological, developmental, and social factors

A values-based and person-centred approach to treatment planning

- **Intervention:**

Individual therapy using evidence-based techniques, including Cognitive Behavioural Therapy (CBT)

Experience working with children, adolescents, and adults in both educational and clinical settings

- **Consultation, Supervision, and Training:**

Collaboration with multidisciplinary teams, including psychiatrists, educators, and therapists

Provision of psychoeducation and training on mental health and neurodiversity

Additional Information

Full UK clean driving Licence

CRB/DBS Checked