

Research interests

Mental health and wellbeing for students and staff in higher education.

https://herts365.sharepoint.com/portals/hub/_layouts/15/PointPublishing.aspx?app=video&p=p&chid=9be5a894%2D86e8%2D4dbc%2Da847%2Da2e443591678&vid=fe688de6%2Df0b4%2D4488%2D8346%2D7c4100ef4219&from=1

Beyond mindfulness to embodied mindfulness.

Wellbeing and its promotion through psychotherapeutic informed interventions with patients with medically unexplained symptoms.

Embodied learning to self-manage through The BodyMind Approach for adults with medically unexplained symptoms.

Enactive, embodied approaches with a variety of client populations such as young offenders, children with autistic spectrum disorders, those with learning differences, somatisation, trauma, adults and young people with depression, anxiety and eating disorders.

Embodied leadership. Embodied learning. Transformational learning.

Group work for teachers and therapists.

Arts therapies, counselling and psychotherapy research.

Authentic Movement and therapeutic presence.

Groupwork and experiential learning research. Insecure attachment and somatisation. Mental health and the student population in higher education.

Perceptions of change/personal/professional development.

Qualitative and mixed methodologies. Arts based inquiry.