

MATTHEW HAGGIS

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I became a therapist as part of a professional and personal commitment to contributing to the growth and learning of others. Starting as a trainer, I moved on to facilitating large groups, and then to coaching and counselling individuals. My commitment to psychotherapy stems from a strong desire to work at a deeper level with clients than I found was usually possible with coaching, exploring the core issues, motivations and ways of being that impact on how we feel about ourselves, our work and our lives.

The journey has also included experiencing the conscious and unconscious processes of supporting others: counselling a generic range of clients; being with family members, step-children and grandchildren through the trials of life and love; and volunteering in a range of organisations, including the PF Counselling Service.

I share Carl Rogers' view that a 'fully functioning person' recognises the good life as a process rather than a destination. I have engaged in six years of fruitful and challenging personal therapy, and expect to continue to explore, develop and grow throughout my life. I use regular mindful meditation as part of this, as disciplined practice, and to help keep myself grounded.

SELF-EMPLOYMENT

Counsellor/Coach **Matthew Haggis** Aug 2014 – Present

Facilitator and Coach **Creative Exchange** Jan 2000 - Present
Edinburgh

With Creative Exchange, I have facilitated the development of individuals, teams and organisations seeking to achieve change based on a better understanding of themselves, others, and their work context. Using counselling, coaching, facilitation and group process skills coupled with a broad understanding of personal, organisational and social issues, I use creative and fresh approaches which engage clients and motivate them to develop as individuals and teams. I work across the private, public and non-profit sectors, specialising in diverse and cross-organisational groups.

Organisational clients have included NHS Scotland, Care Visions Group, Scottish Government, University of Surrey, Marie Curie Cancer Care, Scottish Community Foundation, and the PF Counselling Service.

PREVIOUS EMPLOYMENT

Senior Programme Director **Common Purpose** September 1996 – Dec 1999
Edinburgh

An independent educational non-profit organisation which works with senior executives to inform, link and inspire the next generation of leaders from all sectors.

Main achievements:

- Delivered an effective and inspiring programme of civic learning involving leaders, senior decision makers and community groups from across the city.
- Negotiated and achieved annual income targets through sponsorship and donations from local sources in order to fully fund the Edinburgh programme.

Programme Director	Common Purpose <i>Edinburgh</i>	February 1993 - September 1996
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Joined Common Purpose in the first year of its operation in Scotland, to lead the local development of the programme.

Senior Business Adviser	IMS Trust <i>Edinburgh</i>	Jan 1990 - Jan 1993
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Advised and trained individuals and groups from all sectors and levels on business planning and start-up, marketing, market evaluation, career planning and transition.

- Advised the launch and early growth of over 200 new businesses in 1992.

Leisure Manager	Barratt Resorts Ltd <i>Kinloch Rannoch, Perthshire</i>	1987 - 1988
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Managed the leisure facilities of a highly successful timeshare resort.

Managing Director	Craobh Haven Watersports Ltd <i>Craobh Haven, Argyll</i>	1987
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Successfully relaunched a start-up owner-managed dinghy sailing and watersports school.

Acquisitions Editor	Elsevier Applied Science Publishers Ltd <i>Barking, Essex</i>	1983 - 1986
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Commissioned and directed the development of scientific books and journals.

EDUCATION

Persona/University of Stirling , Edinburgh MSc in Counselling and Psychotherapy	2014 - 2015
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University of Edinburgh , Edinburgh Postgraduate Diploma in Counselling	2011 - 2013
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Physis (CPTI) , Edinburgh Foundation year in Transactional Analysis	2011
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University of Edinburgh , Edinburgh Postgraduate Certificate in Counselling	2010
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OSC&M/Oxford Brookes University , Oxford CIPD Advanced Certificated in Coaching and Mentoring	2007
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Stevenson College , Edinburgh ITD/SCOTVEC Certificate in Training and Development	1991
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Edinburgh University Management School , Edinburgh Master of Business Administration	1988 - 1989
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University of Sussex , Brighton BSc (Hons) Materials Science 2(i)	1980 - 1983
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James Gillespie's High School , Edinburgh	1975 - 1979
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COUNSELLING EXPERIENCE

Private Counselling Practice , Edinburgh	August 2014 – Present
PF Counselling Service , Edinburgh (Generic Adult Counselling)	October 2013 – Present
Wellspring , Edinburgh (Generic Adult Counselling)	February 2012 – October 2013

Continuing Professional Development

Counselling Couples and Families , Charles O'Leary, Greenwood Events	<i>Two Days</i>	Apr, 2018
Encountering the Dream , Christina McDonald, PF Counselling Service	<i>One Day</i>	Apr, 2018
Assessment Skills , Angie Fee, PF Counselling Service, Edinburgh	<i>One Day</i>	Mar, 2018
Play & Creativity , Kirsteen Greenholm, PF Counselling Service, Edinburgh	<i>One Day</i>	Nov, 2017
Gender & Sexual Diversities , Rachel Blake, PF Counselling Service, Edinburgh	<i>One Day</i>	Oct, 2017
The Supervision Relationship , Robin Shohet, Edinburgh	<i>Two Days</i>	Feb, 2017
The Transference-Countertransference Relationship	<i>One Day</i>	Feb, 2017
Biological Treatments , Dr James Hawkins, PF Counselling Service, Edinburgh	<i>One Day</i>	Nov, 2016
Understanding Autism , No. 6 One-stop-shop, Edinburgh	<i>One Day</i>	May, 2016
Erotic Transference , Ray Little, PF Counselling Service, Edinburgh	<i>One Day</i>	Feb, 2016
Focusing & Psychotherapy , Susan Jordan, ACP, Edinburgh	<i>Two Days</i>	Nov, 2015
Embodied Mindfulness , PF Counselling Service, Edinburgh	<i>Half Day</i>	Oct, 2014
Counselling Skills for Children & Young People , Crossreach, Edinburgh	<i>Half Day</i>	April 2014
PTSD from an Attachment Perspective , Confer, Edinburgh	<i>One Day</i>	Jan, 2014
Introduction to EFT , Greenwood Events, Edinburgh	<i>Half Day</i>	Nov, 2013
Essentials of Psychosynthesis , PF Counselling Service, Edinburgh	<i>Four Days</i>	Nov, 2013
Adult Survivors of Sexual Abuse , PF Counselling Service, Edinburgh	<i>One Day</i>	Jun, 2013
The Mindful Practitioner , Franklyn Sills. Confer, Edinburgh	<i>One Day</i>	Mar, 2012
Stories I tell My Child , Judith Fewell. PF Counselling Service, Edinburgh	<i>One Day</i>	Jan, 2012
Ecopsychology , Ada Blair. PF Counselling Service, Edinburgh	<i>One Day</i>	Nov, 2011

OTHER DETAILS

Board Member and volunteer counsellor, **PF Counselling Service**, Edinburgh

Fellow of the **Royal Society for Arts**

Since 1987 I have managed **Craobh Haven Cottages** with my partner: Four Star self-catering holiday accommodation (www.craobhcottages.co.uk)

Date of Birth: **30th May 1961**