

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 depth with clients, 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: supervising qualified and student counsellors, 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 in the experience of existence.

SELF-EMPLOYMENT

Therapist/Supervisor **Matthew Haggis** Aug 2014 – Present

Integrative existential psychotherapy and supervision for personal growth and mindful change.

Facilitator **Creative Exchange** Jan 2000 - 2020

Facilitating teams and organisations seeking to achieve change through a better understanding of themselves, others, and the work context. I use fresh approaches which engage people 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 included NHS Scotland, Lancaster University Management School, Scottish Government, University of Surrey, 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.

- 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
In the first year of its operation in Scotland, lead the local development of the programme.		
Senior Business Adviser	IMS Trust <i>Edinburgh</i>	Jan 1990 - Jan 1993
Advised and trained individuals and groups from all sectors and levels on business planning and start-up.		
Leisure Manager	Barratt Resorts Ltd <i>Kinloch Rannoch, Perthshire</i>	1987 - 1988
Managed the leisure facilities of a highly successful timeshare resort.		
Managing Director	Craobh Haven Watersports Ltd <i>Craobh Haven, Argyll</i>	1987
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
Commissioned and directed the development of scientific books and journals.		

EDUCATION

Northern Guild for Psychotherapy , Newcastle Diploma in Clinical Supervision	2019 - 2021
Persona/University of Stirling , Edinburgh MSc in Counselling and Psychotherapy	2014 - 2015
University of Edinburgh , Edinburgh Postgraduate Diploma in Counselling	2011 - 2013
Physis (CPTI) , Edinburgh Foundation year in Transactional Analysis	2011
University of Edinburgh , Edinburgh Postgraduate Certificate in Counselling	2010
OSC&M/Oxford Brookes University , Oxford CIPD Advanced Certificated in Coaching and Mentoring	2007
Stevenson College , Edinburgh ITD/SCOTVEC Certificate in Training and Development	1991
Edinburgh University Management School , Edinburgh Master of Business Administration	1988 - 1989
University of Sussex , Brighton BSc (Hons) Materials Science 2(i)	1980 - 1983
James Gillespie's High School , Edinburgh	1975 - 1979

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

Conducting Initial Assessments Online , OCST/PF, Online	8 hours	Jun, 2020
Spirituality and Relational Presence , Kirsteen Greenholm, PF, Edinburgh	One Day	Mar, 2020
Gender Diversity , Rachel Blake, PF, Edinburgh	One Day	Feb, 2020
Rape & Consent , Judith Fewell, PF, Edinburgh	One Day	Dec, 2019
Working with Suicide and Self-harm , Kirsteen Greenholm, PF, Edinburgh	One Day	Nov, 2019
Consciousness from the Beginnings of Life , Chris Evans, PF, Edinburgh	One Day	Oct, 2019
Exploring Working with Trauma , Jean Budge, Health in Mind, Edinburgh	One Day	Jul, 2019
Shame and Connection , Kirsteen Greenholm, PF, Edinburgh	One Day	Jun, 2019
Bereavement and Loss , Cruse Bereavement Care Scotland	Two Days	Jan, 2019
Working with Erotic Transference , Sally Openshaw, BACP	One Day	Jun, 2018
Counselling Couples and Families , Charles O'Leary, Greenwood Events	Two Days	Apr, 2018
Encountering the Dream , Christina McDonald, PF Counselling Service	One Day	Apr, 2018
Assessment Skills , Angie Fee, PF Counselling Service, Edinburgh	One Day	Mar, 2018
Play & Creativity , Kirsteen Greenholm, PF Counselling Service, Edinburgh	One Day	Nov, 2017
The Supervision Relationship , Robin Shohet, Edinburgh	Two Days	Feb, 2017
Understanding Autism , No. 6 One-stop-shop, Edinburgh	One Day	May, 2016
Erotic Transference , Ray Little, PF Counselling Service, Edinburgh	One Day	Feb, 2016
Focusing & Psychotherapy , Susan Jordan, ACPP, Edinburgh	Two Days	Nov, 2015
Embodied Mindfulness , PF Counselling Service, Edinburgh	Half Day	Oct, 2014
Counselling Skills for Children & Young People , Crossreach, Edinburgh	Half Day	April 2014
PTSD from an Attachment Perspective , Confer, Edinburgh	One Day	Jan, 2014
Essentials of Psychosynthesis , PF Counselling Service, Edinburgh	Four Days	Nov, 2013
The Mindful Practitioner , Franklyn Sills. Confer, Edinburgh	One Day	Mar, 2012

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)