
DAVID MOAT

20 North Street, Burwell, CAMBRIDGE, CB25 0BA
Tel: 07734420997 E-mail: david@eastcambstherapy.co.uk

BRIEF PROFILE

David Moat is an experienced practitioner in the field of autism and Asperger Syndrome. He has had responsibility for residential and day care services, Family and Community Support, and the provision of training, assessments and advice to various agencies, during a career lasting over 30 years.

David is a founder-member and past joint-chair of CoSPPA – The Coalition of Senior Professionals for People with Autism and has been an active participant in the Autism Accreditation Programme, as a registered Team Leader.

Training, advice and consultancy services, including assessments, can be offered to assist others in providing care, education and support to people with an Autistic Spectrum Disorder. Counselling, psychotherapy, hypnotherapy, coaching and advice can be offered to individuals with such disorders, or their families/carers. This is done under the auspices of ASD Therapy.

Professional Qualifications:

Diploma in Health & Social Welfare
City & Guilds Foundation Management for Care
City & Guilds Advanced Care Management
Advanced & Higher Diplomas in Analytic and
Cognitive Hypnotherapy and Psychotherapy
Certificate in Clinical Supervision

Membership of Professional Bodies:

NACHP (National Association of Counsellors,
Hypnotherapists and Psychotherapists)
CoSPPA (Coalition of Senior Professionals for
People with Autism)
General Hypnotherapy Register

Current Positions:

Clinical Psychotherapist: East Cambs Therapy
Centre (inc. ASD Therapy)
Clinical Psychotherapist, Burwellness
Treatment Consultant: Integrated Autism Clinic,
Cambridge
Training Consultant: ASD Training

Publications:

***Integrative Psychotherapeutic Approaches to
the Autism Spectrum*** – Jessica Kingsley
Publishers, June 2013

***Asperger Syndrome: Social Intervention and
Skills Training*** – Autism Quality SEARCH, 2002

Examples of Client Organisations and Agencies

National Autistic Society
Asperger East Anglia
National Autistic Society (Suffolk Branch)
SAFE: Supporting Asperger Families in Essex
Autism Services Accreditation Programme
Autism Sussex
Short Breaks Network
Conwy Social Services
Quality Care East Midlands
Affinity Trust
London Borough of Redbridge
London Borough of Hackney
London Borough of Barking and Dagenham
BREAK Charity
Hertfordshire Children's Services
Norfolk Children's Services
Broadlands District Council

David is the provider of a series of successful workshops and seminars around the UK, Ireland and Estonia.

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PROFESSIONAL PROFILE

I have 7 years post-qualifying experience as a counsellor, psychotherapist, hypnotherapist and coach, across a wide variety of client groups. Much of the focus has been on individual therapy with people with social anxiety and communication disorders, following on from 19 years experience working within the field of autism spectrum conditions. I have been a tutor of psychotherapy within the School of Analytic and Cognitive Hypnotherapy (SACH UK Ltd), where I have gained experience of conducting group work, particularly psychodrama. I lecture on psychotherapy and autism throughout the UK, Ireland and Estonia.

Total work experience: 36 years

CAREER SUMMARY

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|-------------------------|---|
| May 2016 – date: | East Cambs. Therapy Centre – our own consulting rooms in Burwell, Cambridgeshire. |
| April 2012 – date: | Integrated Autism Clinic – Treatment Consultant – offering initial assessments for onward referral to new clients with autism spectrum conditions |
| Feb 2005 – date: | Private practice – counselling, psychotherapy and hypnotherapy. Providing therapeutic services to clients. Specialist service offered to those on the autism spectrum, under the auspices of ASD Therapy . |
| August 1997 – date | Autism Quality SEARCH (Standards in Education and Adult Residential and Community Homes) – Director . Provision of training, assessments and advice for autism spectrum conditions throughout the UK, Ireland and Estonia. Business name changed to ASD Training in 2016. |
| July 2012 – date | The Therapy Room – Tutor . Provision of psychotherapy, counselling and hypnotherapy courses |
| May 2009 – June 2012: | SACH UK Ltd – Director and Senior Tutor (School of Analytic and Cognitive Hypnotherapy). Provision of training courses on Counselling, Psychotherapy and Hypnotherapy |
| July 1993 – Jan 2009 | Autism Accreditation Services – Registered Team Leader . Leading review teams for autism-specific services across the UK. Responsible for assessing standards of care and provision. |
| March 1988 – July 1997 | Essex Autistic Society – Adult Service Manager . Responsible for residential and day care services for 18 adults with autism. |
| April 1985 – March 1988 | Essex Autistic Society – Residential Social Worker . Part of a team providing residential care services to 18 adults with autism. |
| Sept 1980 – Dec 1984 | National Westminster Bank Ltd – Bank Clerk . General banking duties in Colchester and Chelmsford. |

PROFESSIONAL MEMBERSHIPS

National Association of Counsellors, Hypnotherapists and Psychotherapists - Current
General Hypnotherapy Register - Current
Coalition of Senior Professionals for People with Autism - Current

QUALIFICATIONS

Diploma in Mind/Body Therapy – (April 14 – May 15)
The Therapy Room, Cambridge

Certificate in Clinical Supervision – (10 Sept – 10 Dec 2012)
Life-Force Centre, Colchester – BACP Accredited

Senior Qualification in Hypnotherapy Practice
General Hypnotherapy Standards Council – 20/06/2011

Higher Diploma in Hypnotherapy and Psychology
School of Analytic and Cognitive Hypnotherapy – Chelmsford - 01/06/2008

Diploma in Transactional Hypnoanalysis
School of Analytic and Cognitive Hypnotherapy – Chelmsford - 05/11/2006

Advanced Diploma in Hypno-analysis and Integrative Psychotherapy
School of Analytic and Cognitive Hypnotherapy – Chelmsford - 09/09/2006

General Qualification in Hypnotherapy Practice
General Hypnotherapy Standards Council – 01/06/2006

Practitioner Certificate in Neuro-Linguistic Programming
American Board of Neuro-Linguistic Programming – 13/11/2005

Diploma in Analytical Hypnotherapy and Psychotherapy
School of Analytic and Cognitive Hypnotherapy – Chelmsford - 07/01/2005

Foundation Diploma in Clinical Hypnotherapy, Counselling Skills and NLP
School of Analytic and Cognitive Hypnotherapy – Chelmsford - 05/04/2004

Diploma in Health and Social Welfare
Open University – 10/01/1995

Advanced Care Management
City and Guilds – 1990

Foundation – Management for Care
City and Guilds – 1988

CONTINUING PROFESSIONAL DEVELOPMENT

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| Autism and Bereavement | 29 October 2019 |
| Autism and Play | 12/13 October 2019 |
| Treating Trauma | NICABM Master Series, November 2018 |
| Autism and Ageing | CoSPPA conference May 2018 |
| Mindfulness Course | September 2016 |
| Supervision Groups | 4 x 2 hours, annually |
| Supervision Weekend | The Therapy Room, Cambridge, 29 June 2013 |
| Psychodrama Weekend | SACH UK Ltd, 29 th January 2012 |
| Clay Therapy | Creative Therapies Trust, 08/05/2011 |
| Neurodegenerative Diseases | Estonian Nutritional Association (Tartu, Estonia), 16 & 17/09/2010 |
| New Ways with Dreams | Anagram Therapies, 13/09/2009 |
| Freedom from Guilt | SACH International, Estonia, 31 July – 2 August 2009 |
| Anger, Forgiveness and Joy | SACH International, Estonia, 21 – 24 July 2008 |
| Psychoneuroimmunology | SACH International, Estonia, 6 – 9 March, 2008 |
| Short Breaks for Children | Shared Care Network, Conference, March 2008 |
| Body Awareness | SACH International, Estonia, 26 – 29 July, 2007 |

PUBLICATIONS

“Integrative Psychotherapeutic Approaches to Autism Spectrum Conditions” Jessica Kingsley Publishers, 2013

“AS:SIST☒” – Asperger Syndrome: Social Integration Skills Training
Pub. 2002, Autism Quality SEARCH

“Hearts of Glass – Integrative Psychotherapeutic Approaches to Autism”
Conference Journal, Sept 2010, (Estonia).

“Horace and the Carnival” – a children’s story

OTHER RESPONSIBILITIES AND INTERESTS

- **ASD Counselling e-group – moderator** (UK-based internet forum for counsellors and therapists working with clients on the autism spectrum)
 - **Viva** - Local arts and community group. Acting and directing. Approved chaperone.
 - **Chernobyl Children’s Lifeline Link** – charity enabling Belorussian children to visit the UK for holidays and medical attention.
 - **Burwell Sports and Community Centre** – Chair of Trustees
 - **Silver Birch Children’s Trust** – Trustee
 - **Burwell Festival** – joint organiser – annual week-long celebration of local performers
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