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# MARLENE DU PLESSIS

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## PROFESSIONAL SUMMARY

I am a skilled and compassionate Counselling Psychotherapist and Therapeutic Facilitator with over 20 years of experience, specialising in trauma-informed therapy and integrative, experiential approaches. Originally from South Africa and now practicing in the UK, my work spans clinical and community mental health settings, with a focus on complex trauma, dissociation, anxiety, depression, and ADHD.

My therapeutic approach is grounded in relational, neuro-biopsychological, and creative frameworks. I have a strong background in both individual and group therapy, and have incorporated modalities such as Equine-Assisted Psychotherapy and expressive interventions into my practice. I also bring experience from psychiatric step-down facilities, remedial schools, and youth development programmes.

Alongside clinical work, I have held senior leadership roles in the non-profit sector, driving the growth and sustainability of an international youth organisation. I am passionate about education and have delivered training on trauma-informed care and therapeutic interventions to mental health professionals and wider communities.

Currently, I run a private practice offering therapy, group facilitation, and workshops. I remain deeply committed to supporting healing through safe, attuned, and evidence-informed practice.

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## PROFESSIONAL REGISTRATIONS

\*\* NCPS (Reg: 21-00577) (Accredited) \*\* NCIP (Reg: 362222) \*\* BPS (544803) CCFT, GMBPsS \*\* ESTD \*\* WASPT \*\*

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## ADDITIONAL SKILLS

Microsoft Office: Word | Excel | PowerPoint | Adobe Photoshop | Website builders | Content/Client Management Systems (CMS)  
Fluent in both **English** and **Afrikaans**

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## WORK HISTORY

### **Independent Counselling Therapist and Facilitator, 2010 - Current**

The ReStorying Space (incorporated equusLINK)

- Trauma-informed pluralistic counselling psychotherapist, specialising in experiential modalities, including equine-assisted therapy, and various creative therapeutic approaches.
- Holistic, person-centred, and trauma-sensitive practitioner, dedicated to fostering resilience, emotional well-being, and personal growth.
- Committed to client empowerment, facilitating informed decision-making and meaningful life changes through tailored therapeutic interventions.
- Designed and led innovative workshops integrating equine-assisted activities, and various creative modalities to support emotional well-being and personal development.
- Extensive experience in multidisciplinary psychiatric settings, co-delivering psychosocial programs for neurodivergent students and individuals with diverse psychological needs.
- Skilled in working with multicultural populations across various age groups, demonstrating adaptability and cultural sensitivity in dynamic therapeutic environments.
- Experienced in both individual and group therapy settings, utilising a tailored, evidence-based approach to support client needs effectively.

### Sessional Counselling Psychotherapist, Jan 2022 – March 2024

Integrate Families - Manchester

- Experienced counselling psychotherapist with a strong ability to integrate theoretical counselling approaches into practical, real-world applications.
- Specialised in supporting adults and young people (18+) navigating complex trauma, dissociative presentations, anxiety, depression, relational challenges, and psychosocial life skills development.
- Collaborates with multidisciplinary healthcare teams to develop and implement holistic, client-centred treatment plans.
- Conducts comprehensive client assessments, including in-depth interviews, to identify symptoms, gather case histories, and tailor effective therapeutic interventions.

### Sessional Counselling Psychotherapist, April 2024 - August 2025

Integrate Families - Manchester (re-appointed)

- Clinical counselling psychotherapy with adults 18+ navigating complex trauma, dissociative presentations, anxiety, depression, relational challenges, and psychosocial life skills development.

### Sessional Senior Counselling Psychotherapist, 2025

Clinic for Dissociative Studies, UK

### Sessional Counselling Psychotherapist, 2025

Eton Psychiatry, Manchester

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## EDUCATION SUMMARY

#### **Certification:** CCFT, 2023

Registered Forensic Test User (psychometrist)

Advanced assessment of Personality, Psychopathology and Risk Assessment.

Also trained as SKID-D assessor (2025).

#### **Master of Science:** Psychology, 2022

University of Essex – United Kingdom – (distinction)

**Thesis:** *Your trauma – My trauma: An Interpretative Phenomenological Analysis exploring the Lived Experiences of Adoptive Parents of Children with Complex Trauma and Trauma-related Dissociative Behaviours.*

#### **Certification:** EMDR, 2022

London School of Clinical Communication & Hypnoses - United Kingdom

#### **Level 4 Diploma:** Cognitive Behaviour Therapy, 2022

Fortis Therapy and Training - Lincolnshire

NCPS accredited.

#### **Level 5 Diploma:** Person Centred Psychotherapy and Counselling, 2022

Supporting Minds - Lincoln

#### **Clinical Diplomat Level 7:** Logotherapy, 2016

University of South Africa - South Africa - (distinction)

#### **Bachelor (Hons):** Landscape Architecture, 1988

University of Pretoria - South Africa

#### **Some Additional Certification**

SKID-D Assessment Training (Cheshire Psychology Ltd and The CTAD Clinic)

Initiatic Art Therapy Certification (Institute for Sensorimotor Art Therapy)

IFS Immersion – comprehensive foundation in the Internal Family Systems (IFS) model (Kylie Feller)

Deep Brain Reorienting (DBR Level 2) (Drs Frank Corrigan / Jessica Christie-Sands)

Understanding and Treating Disorganised Attachment and Dissociation (Dr D Siegel; (distinction))

Dissociation in Children and Adolescents Assessment and Treatment (Dr RP Marks)

Dissociation in Children and Adolescents: EMDR in children with complex trauma (Dr RP Marks)

Muss Rewind Therapy (Dr D. Muss)

Working with Self-destructive Behaviours

Working with Trauma in the Sand (Advanced)

Equine Assisted Psychotherapy and Learning (Advanced)

Animal Assisted Activities and Therapy (Advanced)

### Current certification to be completed 2025

Deep Brain Reorienting (DBR Level 3) (Drs Frank Corrigan / Jessica Christie-Sands)

Somatic and Interactive Trauma Training (SPIM30) (Dr Ralf Vogt (Austria))

I regularly attend post qualification short courses and trainings as part of the required continual professional development of the registration bodies I belong to. Detail information is available on request.

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## ACCOMPLISHMENTS

- **Course Development & Training:** Designed and delivered experiential-focused training programs, incorporating sensory engagement and visualisation techniques for clients and professionals.
- **Academic Tutoring:** Tutor for Level 5 Person-Centred Counselling and Psychotherapy at Supporting Minds Training.
- **Process & Data Management:** Expertise in case management, workflow optimisation, data protection compliance, and advisory input in software development (CMS) to improve case management systems.
- **Organisational Growth & Development:** Played a key role in strategic planning, operational expansion, and leadership in various organisations.
- **Public Speaking & Presentations:** Presenter at conferences, sharing expertise on trauma-informed therapy, experiential therapeutic approaches, and related subjects.
- **Leadership & Governance:** Served as President of SANESA (2007–2015), leading a non-profit organisation through strategic growth and development initiatives.

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## INTERESTS

- **Human Psychology & Trauma Studies** – Special interest in the neuro-biopsychology of trauma and its impact on mental health.
- **Equestrian & Nature-Based Activities** – Passionate about horse riding and facilitating group therapy in equine and nature-assisted settings.
- **Travel & Cultural Exploration** – Enthusiastic about exploring new countries, cultures, and diverse perspectives.
- **Lifelong Learning & Personal Development** – Dedicated to continuous learning, reading, and acquiring new skills in psychology, therapy, and related fields.
- **Creative & Experiential Learning** – Enjoy integrating creative activities into learning environments, enhancing engagement and personal growth.