



Dr Helena Schlindwein Ph.D is Owner and Managing Director of Community Health and Training Services (CHATS) 2005. The goal of the company is to provide psychotherapy and complementary services to clients, and educational access and opportunity to mature students who are seeking a training opportunity in the field of psychotherapy and coaching. CHATS wants to provide high standards and give students a thorough knowledge of different models of psychotherapeutic practice, set against the appropriate theoretical background. CHATS also offers training to NGO's and community organisations wishing to capacity build within their organisations.

Dr Helena is author of *Community Healing: Community Development Approaches to Political Trauma in Northern Ireland* (2002). She is an experienced teacher and taught at the University of Ulster for 18 years. She is a Community Development Practitioner for 30 years and founder of 27 voluntary sector organisations in Derry City she is also a Psychotherapist and Clinical Hypnotherapist, a Yoga teacher, Bach Flower Remedy Practitioner and a NLP Practitioner, Coach and Trainer (INLPTA).

Helena has worked as a teacher and psychotherapist within the NHS, voluntary and private sectors. She has a Ph.D, (Philosophy) M.Ed (Specialising in the Teaching of Adults), B.Sc Honours degree in Social Anthropology, Sociology and Psychology, and a range of Post graduate Diplomas and Certificates in Cognitive Behavioural Therapy, Psychotherapy, Hypnotherapy, Counselling and Supervision. Helena is also an experienced social science researcher, at both university and private practice levels.

Helena is an INLPTA registered trainer, a member of The Yoga Fellowship of Northern Ireland. CCC Registered Counsellor and is a Fellow of the National Council of Psychotherapists (NCP), and a patron of ARCHT. She is also a registered Trainer with the Chartered Institute of Environmental Health CIEH.

Helena's practices according to the INLPTA and NCP Code of Ethics.

Her most recent publication is *Zoela's Stories* www.zoelasstories.com