

ANDREW MACKINNON

*Psychoanalytic Psychotherapist (Group Analyst) & Occupation Therapist*

I completed my training as an Occupation Therapist at Curtin University (WA) in 2001. Within Occupational Therapy I specialised in mental health working in a variety of mental health settings in Perth, Melbourne and London. I hold current registered as an Occupational Therapist with the Australian Health Practitioner Regulation Agency (AHPRA).

For 12 years in London I managed specialist services within the National Health Service (NHS) offering treatment and management of patients with a diagnosis of Emotionally Unstable Personality Disorder. The treatment model used in these services was Mentalisation Based Treatment (MBT) which is an applied psychoanalytically-oriented modality based in substantial research.

I am a British Psychoanalytic Council (BPC) Accredited MBT Practitioner, see further details in the link below:

<https://www.bpc.org.uk/professionals/kite-mark-therapist/mbt/>

Alongside these roles within the NHS I completed training as a Group Analyst at the Institute of Group Analysis (London) and maintain full membership of the IGA (London). I am also a full member of the Australian Association of Group Psychotherapist (AAGP). Please see further details in the link below:

<https://groupanalysis.com.au/>

Group Analysis is a psychoanalytic modality that aims to achieve a healthier integration within the individual and in their network of relationships. Focusing on the relationship between the individual and the group places emphasis on the essentially social nature of human experience. It is an interactive approach and as well as provision of psychotherapy it has many applications in the fields of human relations, teaching, training, work groups and organisational consultancy.

For further details please see:

<https://www.groupanalysis.org/about>

I have also completed training in Cognitive Analytic Therapy (CAT) which is a brief, time limited modality which, as the names suggests draws ideas and concepts from both cognitive and analytic schools and integrates these into a coherent and effect model. I am currently working with the Australian and New Zealand Association of Cognitive Analytic Therapy (ANZACAT) to become registered with them as a CAT Practitioner.

For more details please see:

<https://www.acat.me.uk/page/about+cat>

My therapeutic stance is characterised by a warm, empathic and compassionate curiosity to get to know and understand my patients.

I offer:

- Mental Health Assessments. Based on this I can make treatment recommendations.
- Brief individual work
- Longer term group work
- Organisational Consultation and Team Based Reflective Practice
- Supervision (team based or individual)