



BRIDGE THE GAP

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Hello, my name is Alice and I am a final year masters student studying dance movement psychotherapy (DMP) at Derby University. I am a registered trainee of UKCP and ADMP, and will be working with Bridge the Gap providing psychotherapy sessions.

Before studying my masters degree, I studied psychology at York st John University and graduated in 2020. I then went on to working in a boys residential school that was specialised in behavioural difficulties and additional needs in education. From this experience I found my interest of working with embodiment and how emotions store in the body. Movement psychotherapy provides a way to explore the inner world and allows for creative expression in a non-judgemental way. I am excited to bring this experience to Bridge the Gap.

Throughout the week you would usually find me being creative through dancing, art or music, as I like to stay active. I have always been a part of dance groups, whether it be teaching or taking part in a class, and have got many certificates from exams in ballet, jazz, tap and contemporary. I have recently taught gymnastics classes at my local dance school and have performed in several shows at my local theatre which I have always enjoyed. Alongside these dance classes, I enjoy music and creating artwork. I like to bring these aspects of creativity through my everyday life and my clinical practice. I am also a big gamer and will usually have gaming nights at the weekends with my friends if I'm not out exploring the local area.

I am originally from Yorkshire and have a busy family life which includes our family pets, a young cocker spaniel and a black cat rescued from the street. When we are all together, we enjoy family games and going for long walks with the dog. My family keeps me busy, but I always make sure to have time to myself where I can focus on myself and relax.

I look forward to working with bridge the gap and hope to bring my own insight of working with young people to the team.