

## Meet the academic team at the Centre for Addictions Treatment Studies



### **Katherine Jenkins**

Director of Studies FdSc/BSc  
(Hons) Addictions  
Counselling

Head of the Centre for  
Addiction Treatment Studies

Katherine has a BSc in Psychology and Criminology from Staffordshire University, and an MSc in Applied Forensic Psychology from the University of Leicester.

Her therapeutic focus has been on the implementation of psychologically informed environments in third sector managed services, and her specialist areas of teaching are qualitative research, assessment and treatment planning, and performance and quality management.

Katherine has worked in the addiction, mental health and homelessness sectors for over 15 years and has managed services in both residential and community-based settings. Katherine is a member of the British Psychological Society.

Nicky's qualifications include: BA (Hons) in Cultural Studies from the University of Portsmouth; Postgraduate Certificate in Systemic Theory and Practice from the University of Bath; Certificate in Clinical Supervision from The Centre for Supervision and Team Development, London; NCFE Diploma in Humanistic Counselling.

Nicky has worked in a variety of treatment settings including prisons, therapeutic communities and residential treatment centres. She has a specialist interest in systemic family therapy, and teaches a range of subjects including addictions counselling, clinical supervision, interpersonal group therapy, and addiction in the family. As well as being a trained M-PACT practitioner, Nicky is also a member of the Association for Family Therapy.



### **Nicky Adams**

Programme Leader

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### **Dr Tim Leighton**

Director of Professional  
Education and Research

Tim joined Clouds as a counsellor in 1985, and in 1988 began teaching a one year certificate course, which developed into an externally validated Further Education Diploma in Addictions Counselling. He later designed a post-graduate Diploma for the United Medical and Dental Schools of Guy's and St Thomas' hospitals (later part of King's College London) which ran for several years and was the forerunner of the Foundation Degree in Addictions Counselling developed in partnership with The University of Bath in 2004.

Tim has been a UKCP (UK Council for Psychotherapy) registered Cognitive Analytic Psychotherapist since 1994, and is also an accredited trainer and supervisor.

Ellie has a BA (Hons) in English Literature from Staffordshire University, and is currently studying for an MSc in Psychological Trauma at the University of Chester.

She specialises in academic and reflective writing, and research and study skills, and has worked in the education sector for over 19 years. Ellie co-ordinates all our work based learning placements for the degree programme.



### **Ellie Watson**

Learning Co-ordinator

## Meet the academic team at the Centre for Addictions Treatment Studies



**Emma Thornton**

Tutor

A former CATS student, Emma has a BSc (Hons) Addictions Counselling (Work-based Learning) from the University of Bath, a CMI (Level Five) Certificate in Management and Leadership, and a Certificate in Clinical Supervision from The Centre for Supervision and Team Development, London. Her specialist areas of interest include: personal and professional development; risk management; assessment and treatment planning; relapse prevention; and working with families.

Emma is a trained M-PACT practitioner and an equine assisted therapist. Prior to joining CATS in 2016, Emma led the community recovery service in Bournemouth on behalf of Action on Addiction.

Matt has a BA (Hons) in Integrative Counselling and Psychotherapy from the University of Southampton, and a Certificate in Clinical Supervision from The Centre for Supervision and Team Development, London. With over 25 years' experience of working in the substance misuse field in both community and institutional settings, Matt has a special interest in family interventions, and working with children affected by parental substance misuse.

A trained M-PACT practitioner, Matt teaches our students about working with families and significant others, and trains M-PACT practitioners across the UK and internationally. He is also a facilitator for Action on Addiction's residential family programme.



**Matt Serlin**

**M-PACT Business and  
Clinical Lead**