

## CURRICULUM VITAE (version Oct 2023)

### 1 PERSONAL

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### 2 PROFILE

David Kraft PhD is a UKCP-registered psychotherapist who uses psychodynamic psychotherapy and brief, solution-focussed approaches to the treatment of a range of conditions. He has completed the full psychotherapy training, with UKCP accreditation, and he also has a Master's degree in Psychology. David has many years of experience working in this field. His initial training was in psychoanalytic psychotherapy and, to a certain extent, he employs a number of analytic techniques in the consulting room; however, he also uses behaviour approaches—such as systematic desensitization and anchoring—and hypnosis, the combination of which enhances the effectiveness and reduces the duration of therapy. David is actively involved in training doctors, clinical psychologists, dentists and other health professional hypnosis in psychotherapy.

### 3 COMMITTEES & SOCIETIES

Hypnosis and Psychosomatic Medicine Section, Royal Society of Medicine	Sept 2004-present
Member of Council, Section of Hypnosis & Psychosomatic Medicine Section, RSM	Oct 2014-present
Fellow of the Royal Society of Medicine (00585870)	July 2010-present
Member of the British Society of Clinical and Academic Hypnosis (BSCAH) (593)	July 2008-present
Honorary Secretary for BSCAH: Mets and South Branch	Apr 2013-Aug 2022
International Advisory Board Member, International Journal of Psychotherapy	Oct 2012-present
Reviewer for the International Journal of Psychology & Behavioral Sciences	Oct 2012-Jan 2015
Reviewer for the Journal of Psychology and Psychotherapy Research	Dec 2012-present
Fellow of the National Society of Hypnosis & Psychotherapy (4198) (FNSHP)	June 2013-present

Member of The British Psychological Society (MBPsS) (247935)	Dec 2013-2018
<b>Registered Psychotherapist with the UKCP (2011163944)</b>	Feb 2014-present
Accreditation with BSCAH	June 2014
Member of Council at National Level BSCAH	Oct 2014-Jan 2022
Member of the Academic and Accreditation Committee of BSCAH	May 2016-Jan 2022
Honorary Secretary for Section of Hypnosis & Psychosomatic Medicine Section, RSM	May 2017-Mar 2019
Honorary Treasurer of BSCAH at National Level	June 2019-Mar 2021
President Elect of the Section of Hypnosis & Psychosomatic Medicine Section, RSM	Oct 2019-Sept 2021
President of the Section of Hypnosis & Psychosomatic Medicine Section, RSM	Oct 2021-Sept 2023
Immediate Past President, the Section of Hypnosis & Psychosomatic Medicine, RSM	Oct 2023-Sept 2024

#### 4 QUALIFICATIONS

Guildhall School of Music and Drama/Goldsmith's College <b>BMus (Hons)</b>	Sept 1992-July 1996
Middlesex University <b>PhD</b>	Sept 1996-Jan 2001
Cambridge University <b>PGCE</b>	Sept 2001-July 2002
Department for Education (DfE) Qualified Teacher Status <b>QTS</b>	Sept 2001-Sept 2003
London School of Management Science <b>Dip. Cl. Psy</b>	Jan 2007-April 2007
BST Foundation <b>DCHyp</b>	Feb 2007-Mar 2008
BST Foundation <b>A.CertCSHyp</b>	Apr 2008-May 2008
National College of Hypnosis & Psychotherapy (NCHP): Psychotherapy Training	Feb 2011-2014
National College of Hypnosis & Psychotherapy <b>DHP (NC)</b>	Feb 2011-Dec 2012
Kingston University <b>MSc Psychology</b>	Sept 2012-Nov 2013
National College of Hypnosis & Psychotherapy <b>ADHP (NC)</b>	Feb 2011-Feb 2014
Accreditation: British Society of Clinical & Academic Hypnosis <b>BSCAH Accred.</b>	Sept 2004-June 2014

#### 5 OTHER SKILLS

Statistics, academic research, public speaking, Thai language, classical music (1400-present) and popular music (1940-1968).

#### 6 PSYCHOTHERAPY WORK HISTORY

<b>Psychotherapist and Councillor in private practice</b>	Sept 2008-present
<b>Trainer for BSCAH: instructing doctors, dentists and psychologists in the use of hypnosis</b>	Oct 2013-present

As a psychotherapist, I have successfully treated a large number of clients with a range of conditions including phobic anxiety, general anxiety disorder, IBS, agoraphobia, panic disorder, hyperhidrosis, sleeping disturbances, sexual dysfunction, depression and panic attacks. I have enjoyed this work a great deal, especially when watching my clients move on with their lives. The bulk of the work that I do falls within the remit of psychotherapy integration and psychodynamic psychotherapy.

#### 7 OTHER RELEVANT TRAINING

Personal Psychotherapy	1994-2000
BST Foundation Certificate in Psychoneuroimmunology	2007
LCP Introductory Course in Psychoanalytic Psychotherapy	2008
Open University DSE212 Exploring Psychology	2008
Open University DXR222 Exploring Psychology Project	2008
British Medical Journal Learning (Platinum Certificate)	2011
NCHP Certificate in PTSD Treatment	2012
NCHP Certified Fertility Practitioner <b>CHPF</b>	2012
NCHP Certified Tinnitus Practitioner	2012
NCHP Healthy Eating Coach	2013

I also completed a psychiatric placement at the Pembroke Centre in 2011: this is an Early Intervention Service with the Central & North West London NHS Foundation Trust.

## 8 CLINICAL SUPERVISION

Over 450 hours of clinical supervision with Dr Barry Cripps, Dr Geoff Ibbotson, Mr Tony Gauvain, Dr Mike Heap and other clinicians.

## 9 PERSONAL PSYCHOTHERAPY

Dr Malcolm Pines & Mr Brian Boswood	1994-1995
Dr Ronald Baker	1995-2000
Dr James Rose	2007
Experiential Group, LCP	2007-2008
Mr David Goodhart	2009

## 10 PUBLICATIONS

- (1) Kraft T & Kraft D (2004). Creating a virtual reality in hypnosis: a case of driving phobia. *Contemporary Hypnosis*, 21 (2): 79-85.
- (2) Kraft T & Kraft D (2005). Covert sensitization revisited: six case studies. *Contemporary Hypnosis*, 22 (4): 202-209.
- (3) Kraft T & Kraft D (2006). The place of hypnosis in psychiatry: its applications in treating anxiety disorders and sleep disturbances. *Australian Journal of Clinical and Experimental Hypnosis*, 34 (2): 187-203.
- (4) Kraft T & Kraft D (2007). An integrative approach to the treatment of hyperhidrosis: review and case study. *Contemporary Hypnosis*, 24 (1): 38-45.
- (5) Kraft T & Kraft D (2007). The place of hypnosis in psychiatry, part 2: its application to the treatment of sexual disorders. *Australian Journal of Clinical and Experimental Hypnosis*, 35 (1): 1-18.
- (6) Kraft T & Kraft D (2007). Irritable Bowel Syndrome: symptomatic treatment approaches versus integrative psychotherapy. *Contemporary Hypnosis*, 24 (4): 161-177.
- (7) Kraft D (2009). Tribute to Dr Thomas Kraft for BSCAH' British Society of Clinical and Academic Hypnosis Newsletter, 3 (1): 11-12.
- (8) Kraft D (2009). Obituary: Thomas Kraft. *British Medical Journal*, 338: b265.
- (9) Kraft T & Kraft D (2009). The place of hypnosis in psychiatry, part 3: the application to the treatment of eating disorders. *Australian Journal of Clinical and Experimental Hypnosis*, 37 (1): 1-20.
- (10) Kraft D & Kraft T (2010). Use of in vivo and in vitro desensitization in the treatment of mouse phobia: review and case study. *Contemporary Hypnosis*, 27 (3): 184-194.
- (11) Kraft D (2010). A tribute to Tom Kraft (1932-2008): psychiatrist, integrative psychotherapist, and teacher. *Contemporary Hypnosis*, 27 (3): 221-224.
- (12) Kraft D (2011). The place of hypnosis in psychiatry, part 4: its application to the treatment of agoraphobia and social phobia. *Australian Journal of Clinical and Experimental Hypnosis*, Vols 38 (2) & 39 (1): 91-110.
- (13) Kraft D (2011). Sharing experience: the waiting room. *British Society of Clinical and Academic Hypnosis Newsletter*, 5 (2): 22-24.
- (14) Kraft D & Hawkins PJ (2011). Eating disorders. In Les Brann, Jacky Owens, Ann Williamson (eds.) *The Handbook of Contemporary Clinical Hypnosis: Theory & Practice* (pp425-440). Wiley-Blackwell: Chichester.
- (15) Kraft D (2011). Counteracting resistance in agoraphobia using hypnosis. *Contemporary Hypnosis & Integrative Therapy*, 28 (3):235-248.
- (16) Kraft D (2012). Panic disorder without agoraphobia. A multi-modal approach: solution-focused therapy, hypnosis and psychodynamic psychotherapy. *Journal of Integrative Research, Counselling and Psychotherapy*, 1 (1): 4-15.
- (17) Kraft D (2012). Successful treatment of heavy smoker in one hour using split screen imagery, aversion, and suggestions to eliminate cravings. *Contemporary Hypnosis & Integrative Therapy*, 29 (2): 175-188.
- (18) Kraft D (2012). Comment on Zimmerman's use of the river metaphor in irritable bowel syndrome treatment. *American Journal of Clinical Hypnosis*, 55 (2): 160-167.
- (19) Kraft D (2013). The place of hypnosis in psychiatry part 5: treatment of specific phobias—animal and situational subtypes. *Australian Journal of Clinical and Experimental Hypnosis*, 40 (2): 88-113.
- (20) Kraft D (2013). Open Access Publishing. *British Society of Clinical & Academic Hypnosis Newsletter*, 7 (3): 12-13.
- (21) Kraft D (2014). BSCAH Twitter. *British Society of Clinical & Academic Hypnosis Newsletter*, 8 (2): 17.

- (22) Kraft D (2015). Successful treatment of snoring using hypnosis. *Contemporary Hypnosis & Integrative Therapy* 30 (4): 179-188.
- (23) Kraft D (2015). Psychodynamic psychotherapy and hypnosis in the treatment of irritable bowel syndrome: a case report. *International Journal of Psychotherapy*, 19 (3): 5-12.
- (24) Kraft D (2016). The place of hypnosis in psychiatry part 6: treatment of specific phobias—natural environment type, blood-injection-injury type, and other types. *Australian Journal of Clinical and Experimental Hypnosis*, 41 (1): 1-15.
- (25) Kraft D (2016). The relevance of Gestalt Therapy to clinicians who use hypnosis today. *Journal of Integrative Research, Counselling and Psychotherapy*, 2 (1): 1-12.
- (26) Kraft D (2016). The unique selling point of BSCAH from the perspective of a psychotherapist. *British Society of Clinical & Academic Hypnosis Newsletter* 8 (8): 5.
- (27) Kraft D (2016). The now deepener. *British Society of Clinical & Academic Hypnosis Newsletter*, 8 (9): 18-20.
- (28) Kraft D (2017). Student Fairs. *British Society of Clinical & Academic Hypnosis Newsletter*, 8 (12): 19.
- (29) Kraft D (2018). Dr Assen Alladin: a personal note. *British Society of Clinical & Academic Hypnosis Newsletter*, 9 (1): 3.
- (30) Kraft D (2018). Treatment of severe dental phobia with systematic desensitization: case study. *Contemporary Hypnosis & Integrative Therapy* 33 (1): 14-24.
- (31) Kraft D & Naish PLN (2020). An interview with Peter Naish. *Contemporary Hypnosis & Integrative Therapy*, 34 (1): 54-66.
- (32) Kraft D (2021). Origins of the Section of Hypnosis and Psychosomatic Medicine—Part 1. *Contemporary Hypnosis & Integrative Therapy*, 35 (1): 37-53.
- (33) Kraft D (2022). Origins of the Section of Hypnosis and Psychosomatic Medicine—Part 2. *Contemporary Hypnosis & Integrative Therapy*, 36 (1): 23-32.