



# The Rehabilitation Network

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## **CURRICULUM VITAE**

### **John Brett**

**TRN General Manager &  
Rehabilitation Case Manager**



Geographical home area: Lincoln  
Working area: East Midlands: Lincolnshire, Nottinghamshire, Derbyshire, Leicestershire. Yorkshire Regions. North East: Co. Durham, Newcastle & Tyneside. East Anglia: Norfolk, Suffolk. Staffordshire, West Midlands, Warwickshire, Northamptonshire, Milton Keynes, Bedfordshire, Cambridgeshire. London: Central & Greater London.

### **Personal Profile**

John joined The Rehabilitation Network (TRN) as a Case Manager in 2006. Background as a Clinical Hypnotherapist, Counsellor and Personal Development Coach with more than 20 years' experience working with individuals and groups to facilitate personal growth and change.

Though this background may be unusual for this type of work, he was recruited as a Case Manager for his astute assessment and treatment planning skills and his knack for problem solving with a solution focused approach. During the time since he has gained extensive experience with a wide variety of injuries including multiple orthopaedic, spinal, acquired brain injury and psychological sequelae and has demonstrated a natural ability to thoroughly assess the needs of an injured / disabled person and develop a multidisciplinary approach to rehabilitation, and provide vocational assistance with a return to work where feasible.

His understanding of the Case Management process together with his grasp of working with insurers and solicitors and his ability to forge good working relationships with all key stakeholders led to his appointment as the Quality Assurance Manager for TRN in 2009, where he became responsible for supervising the work of all TRN's Case Managers. He is now the owner of TRN and maintains his own caseload as well as managing a team of Case Managers plus a panel of treatment providers.

Key skills include:

- Using counselling and psychotherapy skills to facilitate outcome orientated change and growth in private consultations and with case management clients.
- Employing assessment and analytical skills to define a current situation; identify needs and set appropriate objectives.
- Reviewing and adapting rehabilitation needs through the flexible and creative use of a variety of pro-active strategies and goal setting.
- Demonstrating interpersonal skills – excellent communication and listening skills, motivating, working well with and inspiring others.
- Possessing emotional maturity – confidence, self-awareness, tolerance, compassion, empathy.
- Showing creativity and method, being probing, perceptive, resourceful and adaptable.
- Accredited Supervisor providing integrative clinical supervision and personal development to professionals including Counsellors, Therapists and Case Managers.

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#### **Administration:**

Rivendell, 4 South Scarle Lane, North Scarle, Lincoln, LN6 9ER  
Tel: **01522 778689** Fax: 0871 714 3638 Mobile: 07976 604541  
e-mail: [john@rehabilitation-network.org](mailto:john@rehabilitation-network.org)  
[www.rehabilitation-network.org](http://www.rehabilitation-network.org)



## Experience & Specialisms

Experience and special interest in:

- Multiple Orthopaedic injuries
- Acquired Brain Injury
- Injuries with psychological sequelae
- Complex cases with multiple injuries & mixed symptom presentation
- Treating depression, anxiety disorders, and panic disorder
- Stress management and reduction
- Pain management and relaxation

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## Career History

- Apr 2010 – present      **General Manager & Proprietor**, The Rehabilitation Network  
Took over all aspects of the day to day running of TRN; same responsibilities as previous role of Quality Assurance Manager supervising Case Managers and other Associates. TRN provides case managed medical and vocational rehabilitation and psychological therapies to claimants in Personal Injury and Motor Claims, EL, IP and Health insurance claims.
- Apr 2009 – Apr 2010      **Quality Assurance Manager**, The Rehabilitation Network  
Responsible for tracking all TRN cases and reports, proofing reports and reviewing rehab content, supervising Case Managers, maintaining Quality Assurance standards and ensuring Case Managers adhere to TRN policies, customer requirements and the Rehabilitation Code. Also responsible for assigning new cases and liaising with referrers including insurers and solicitors.
- 2008 – 2011              **Hypnotherapy Trainer**  
Planning course content, structuring and delivering training in Clinical Hypnotherapy including hypnosis training, integrative counselling and psychotherapy skills, assessment, treatment planning and delivery.
- Apr 2006 – present      **Rehabilitation Case Manager**, The Rehabilitation Network.  
Providing Rehabilitation Assessments and Case Management services in personal injury and disability. Working in liaison with injured parties, medical and therapeutic personnel, insurers and solicitors to provide medical and vocational rehabilitation.
- Sep 2003 – present      **Clinical Hypnotherapist, Counsellor & Personal Development Coach**, Empower Yourself Therapy & Training.  
Part-time private practice assessing and treating a wide range of psychological and emotional problems with an integrative approach, including: depression, anxiety, panic attacks, specific phobias, stress related problems, confidence and self-esteem, pain management and compulsions. Personal Development Coaching – working with clients to manage personal, lifestyle, and career changes, and helping with motivation and goal setting.
- 1993 – 2013              **Personal Development Trainer**, (International)  
Delivering training through seminars and short courses in personal and spiritual development/awareness in the UK and Europe. Working with private groups, religious groups, and individuals as the exclusive trainer, and as part of a team as team leader or member.

## Professional Qualifications

- ❖ Diploma in Cognitive Behaviour Therapy (Dip.CBT)
- ❖ Diploma in Clinical Hypnotherapy (Dip.Hyp)
- ❖ Certified Ericksonian Hypnotherapist (Cert.E.Hyp)
- ❖ Certified Specialist in working with Depression (Cert.S.Dep)
- ❖ Licensed Practitioner of Neuro Linguistic Programming (PNLP)
- ❖ Certificate in Counselling Skills
- ❖ Practitioner Certification in Emotional Freedom Techniques (EFT Prac.)
  
- ❖ National Council of Psychotherapists Accredited Supervisor
- ❖ National Hypnotherapy Society Accredited Supervisor

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## Additional Training & Professional Development

- ASIST (Applied Suicide Intervention Skills Training) – **ASIST UK / LivingWorks – Nov 2017**
- Ergonomics Assessor Training including Workstation & DSE Assessment, Manual Handling & Ergonomics Assessment Methods – **Adept Ergonomics – Oct 2013**
- Diploma in Treatment of Psychosexual Disorders – **The Essex Institute – Jan 2013**

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## Affiliations

- Professional Member of the Vocational Rehabilitation Association (PVRA)
- Member of The Case Management Society UK (CMSUK)
  
- The National Hypnotherapy Society (MHS, Accrediting body)
- The National Counselling Society (MNCS (Acc.) Accrediting body)
- The World Federation of Hypnotherapists (MWFH, Training School)
- The British Association of Therapeutic Hypnotherapists (MBATHH)
- The Society of Hypno-Analysts (MSHA)