



Carol Martin-Sperry, an experienced counsellor and psychosexual therapist, has been working with couples and individuals for 20 years. She trained with Relate and London Marriage Guidance and manages a thriving private practice in London. She is accredited and registered with the British Association for Counsellors and Psychotherapists.

She has been running a successful training course for counsellors, psychotherapists and related professionals who often have had little training in the vital subjects of relationship and sexual dynamics. Many of the concepts and frameworks in her book "Couples and Sex: an introduction to relationship dynamics and psychosexual concepts"

published by Radcliffe Publishing in December 2003, were originally developed for the training course. She is currently working on a popular version of her book.

She is on the team of BBC post-traumatic stress counsellors and worked as a critical incident debriefer, notably for the Ladbroke rail crash and after the 9/11 terrorist attacks, the tsunami disaster, the Iraqi war and the 7/7 London terrorist attack.

She was educated at the Lycée Français de Londres and University College, University of London. She is bi-lingual in French and previously worked for Club Med, the Central Office of Information and as a literary translator. She is married and has an adult daughter.

Carol is a broadcaster, writer and consultant on counselling issues and represents the British Association for Counselling and Psychotherapy as a media spokesman.

Television and radio broadcasts include ITN, Sky News, Sky One, BBC News 24, BBC World Service, BBC Radio 4 Woman's Hour, You and Yours, Channel 4 Big Breakfast, Channel 5 Breakfast TV, Richard and Judy, Kilroy, Esther, Trisha, Thames TV, Carlton TV, UK Living, Discovery Health Channel, LBC, BBC Radio 5 Live, Radio London Live.

She has worked as a psychological consultant for TV production companies that include RDF, Endemol, Talkback and Twenty Twenty TV.

Newspaper and magazine interviews and articles include the Guardian, the Daily Mirror, the Economist, the Daily Telegraph Magazine, Daily Express, Independent on Sunday, Evening Standard, Cosmopolitan, Glamour, Good Housekeeping, Psychologies, She, New Woman, Women's Journal, Woman's Realm, Easy Living, Red, Essentials, Shine, Good Health, More.

Areas of expertise include counselling, psychotherapy, psychosexual therapy, couples and relationship issues, sexual problems, stress, anxiety and depression, domestic, sexual and emotional abuse, addictions, affairs, infidelity, family crises, bereavement, post traumatic stress.

#### CONTACT:

Mobile: 07961 363 978

E-mail: [carol@shrinkrap.co.uk](mailto:carol@shrinkrap.co.uk)