



Carol Martin-Sperry, an experienced counsellor and psychosexual therapist, has been working with couples and individuals for 23 years. She trained with Relate and at London Marriage Guidance where she was on the Board of Trustees and founded the Counsellors Association. She manages a thriving bi-lingual private practice in London. She is accredited and registered with the British Association for Counsellors and Psychotherapists and was awarded her BACP Fellowship in 2009.

She ran a successful training course for counsellors, psychotherapists and related professionals who often had little training in the vital subjects of relationship and sexual dynamics. The course provided the concepts and frameworks for her book "Couples and Sex: an introduction to relationship dynamics and psychosexual concepts" published by Radcliffe Publishing in December 2003.

Carol was appointed counsellor to the Cullen Enquiry into the Ladbroke Grove train crash and is on the team of BBC post-traumatic stress counsellors. She has also worked with survivors of 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 for the Foreign and Commonwealth Office and as a literary translator. She is married and has an adult daughter.

Carol is a broadcaster, writer and consultant on counselling and therapeutic issues and has represented the British Association for Counselling and Psychotherapy as a media spokesman since 1997.

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, BBC Radio Scotland, BBC Radio London where she is a frequent guest on the Vanessa Feltz Show.

She has worked as a psychological consultant for TV production companies that include the BBC, RDF, Endemol, Talkback, Tiger Aspect and Twenty Twenty TV. She was a conference panellist at the Happiness Forum in 2008.

Carol was named in the Evening Standard list of top 20 therapists and profiled in the Guardian.

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, Marie Claire, Glamour, Good Housekeeping, Psychologies, She, New Woman, Women's Journal, Woman's Realm, Easy Living, Red, Essentials, 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.

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