

Lynn Coulsting

Occupational Therapist

Dip COT

MSc Vocational Rehabilitation

Certified Disability Management Professional (CDMP)

Certificate in the Advanced Study of Education (Counselling Skills)

HCPC registered

Member of the British Association of Occupational Therapists

Member of the Vocational Rehabilitation Association



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Professional Profile

Lynn Coulsting is an independent occupational therapist, offering a broad experience within both the physical (medical, surgical, orthopaedic) and psychological fields. During her career, Lynn has specialised in neurology, upper limb disability, elderly and vocational rehabilitation.

Professional training was completed in 1981. This was followed by commencing a mixed rotation, gaining experience within physical and mental health settings. Lynn then went on to gain a broad experience in the physical field with both district general and community hospitals within North Wales, during which time she specialised in neurology and undertook level 1 & 2 Bobath training. Lynn gained promotion to occupational therapy manager, within Chester, where she went on to specialise within the field of upper limb injuries and disabilities; developing the occupational therapy hand therapy service there. Lynn then followed her passion and continued working within the field of upper limb injuries, including undertaking static and dynamic splinting. She has completed the Hand Therapy, Module 1 Theoretical Frameworks at Liverpool University and two British Association of Hand Therapists' level 2 hand therapy courses on rheumatology. Lynn then went on to work with older people, before specialising in vocational rehabilitation, which became her next passion. Since 2008, Lynn has worked on various Department for Work and Pensions' contracts, helping with people with long term conditions overcome their health barriers to work; for example, the Pathways to Work contract; ultimately gaining an MSc Vocational Rehabilitation in 2017.

In addition, Lynn has experience working as an expert witness, within the upper limb injury and psychological fields; having trained and a counsellor and integrative psychotherapist.

Lynn has a specific interest both in the psychological aspects of physical disability and within the field of health and work (including the benefits of unpaid work and leisure). She is especially interested in working with people to overcome barriers to returning to or gaining work.

Through Lynn's training and experience as an occupational therapist, vocational rehabilitation professional and counsellor, she has gained extensive experience in the assessment and treatment of a broad range of physical and psychological conditions. To supplement this Lynn has specialised in the fields of neurology, upper limb injury/disability, vocational rehabilitation and counselling and psychotherapy. Lynn is client focused and has developed a unique ability to build an effective rapport with clients, their families, professionals, stakeholders and other agencies. Lynn is particularly passionate about providing a holistic approach that enables client maximise their potential.

UNITED REHAB SOLUTIONS LIMITED

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Professional Qualification and Membership

Diploma of the College of Occupational Therapists 1981

MSc Vocational Rehabilitation 2017

Certified Disability Management Professional (CDMP) 2010

Certificate in the Advanced Study of Education (Counselling Skills) 1993

Trained Integrative Psychotherapist 2001

HCPC registered

CDMP registered

Member of the British Association of Occupational Therapists

Member of the Vocational Rehabilitation Association

Experience & Employment History

Hospital – NHS 1981 - 2007

- Orthopaedics
- Upper limb disabilities/injuries
- Medical
- Surgical
- Mental health
- Outpatients – neurology and upper limb disabilities
- Community Hospital – inpatients, day hospital, outpatient and community
- Community assessment partnership team

Private

- Expert witness 1998 – 2000
- Private psychotherapy and counselling practice 1999 – 2006
- Pathways to work 2008 – 2011
- Private occupational therapy and vocational rehabilitation practice 2011 – present
- Granby Toxteth Development Trust Director 2018
- Occupational therapist at United Rehab Solutions Ltd 2018 - current

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