

Curriculum Vitae: summary

Janet Earl

Bellevue Therapy Centre
6 Bellevue Street
Gardens
Cape Town 8001
South Africa

Profile:

- A registered (South African Medical and Dental Council) clinical psychologist qualified in 1990 from the University of Natal, Pietermaritzburg, South Africa (M. A. cumlaude).
- Has 22 years experience in both the government and private sector, encompassing private and government hospitals/clinics and private practice.
- Experience gained in the public sector includes:
 - The running of the psychology programme on the Adolescent and Eating Disorders Unit, Tara Hospital. This entailed working as part of the multi-disciplinary team as to the management of patients and the running of the Unit, being responsible for the motivation and training/supervision of psychology interns and nursing staff, doing individual and family therapy with patients, liaising with parents and family members, assessments on the Unit
 - Lecturing to 5th year medical students on their psychology rotation
 - Liaising with University of Witwatersrand Psychology Department re psychology masters students. Tara Hospital is one of the training hospitals through which students do their internship.
- Experience gained in the private sector includes:
 - The development of a fulltime private practice involving psychotherapy consultations with a range of conditions, primarily depression, anxiety and personality and eating disorders
 - Working with adolescents and adults
 - Doing individual, family and group psychotherapy
 - Being involved in a team consulting to the Eating Disorders Unit of a private Clinic for the inpatient management of patients
 - Presentation of papers and workshops at numerous forums and conferences on areas of special interest and expertise, particularly eating disorders
 - Published co-author of the “Manual for the Treatment of Eating Disorders”
 - Extensive public speaking/ psychoeducation at schools, hospitals, television and other forums
 - Psychoeducation: Writing media articles on Eating Disorders for a number of well-known magazines and newspapers

Contact Information

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Personal Information

Date of Birth 9 November 1964
Place of Birth Pietermarizburg, South Africa
Citizenship South Africa
Sex Female
Age 47
Marital Status Co-habiting
Children 2

Work History

1991-1994 Tara Hospital, Johannesburg
Adolescent and Eating Disorders Unit
Position: Clinical Psychologist
Duties:
Co-ordinating the psychology programme of the Unit
Supervision of psychology interns
Supervision of nursing staff and students
Working as part of the multidisciplinary team
Therapy – individual, group and family
Assessments

University of the Witwatersrand Medical School
Position: Lecturer
Duties:
Lecturing to 5th year medical students

University of Witwatersrand Psychology Department
Position: Clinical Psychologist – training hospital

Duties:

Supervision of interns on their rotations (Masters students)

1995 – 2012

Private Practice – general practice with a focus on the treatment of adolescents and eating disorders

Consultant on the development of Eating Disorders Unit at Crescent Clinic, Cape Town

Consultant on Health Ahead – training of dieticians in the psychological aspects of eating disorders

Consultant on My Appetite – running the group therapy programme for the treatment of Binge Eating Disorder

Tertiary Education

1983 – 1985

Bachelor of Arts
(majors: Psychology, English)

1986

Bachelor of Arts (Hons)
(Clinical Psychology) (cumlaude)

1987 – 1988

Master of Arts
(Clinical Psychology)(cumlaude)

1989

Internship:
Fort Napier Hospital, Pietermaritzburg
Townhill Hospital, Pietermaritzburg
University of Natal Child and Family Unit
Midlands Hospital

1990

Research study: A study of the relationship between emotional adjustment and medical compliance in patients with type 2 diabetes mellitus

Associations

1986-1989

Organisation for Appropriate Social Services in South Africa

1991-1994

Secretary South African Institute of Marital and Family Therapy

1991-1994

Eating Disorders Forum

1994-1997

Oxford Rd Therapy Centre

1997-present

Bellevue Therapy Centre Supervision Group

1997-2000

Cape Town Psychoanalytic Group

2004 – 2008

Mind-Body Group

2006 - present

Institute of Mindfulness