

## Clinical Curriculum Vitae

### Jac Dillon – Curriculum Vitae (abridged)

Registered Psychotherapist (00602)

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### Academic Qualifications

2015: Master of Buddhist Studies (Psychology) - University of Hong Kong

2007: Master of Health Science (Psychotherapy) - Auckland University of Technology

2005: Graduate Diploma Psycho-Social Studies- Auckland University of Technology

2001: Graduate Diploma Consumer Marketing - Kellogg Business School, North Western University, Chicago

1997: Graduate Diploma Marketing Management - Unitec

1988: Bachelor of Arts – English & Political Science - University of Waikato

### Professional Positions Held (selected)

2017 – Present: Psychotherapist and Coach in private practice ([www.buddhistpsych.com](http://www.buddhistpsych.com) / [www.antidote.ltd](http://www.antidote.ltd) )

2021 – 2023: General Manager Health & Social Services, Auckland City Mission

2020 – 2021: Project Manager, City Mission, Auckland.

2017 – Present: Psychotherapist and Coach in private practice

2018 - 2020: Services Development Manager, Auckland City Mission

2015 – 2017: Manager, Youth Connections

2008 – 2015: Director, JacDillon.com (Consulting and Psychotherapy)

2011 - Conception and Development of [www.theharbour.org.nz](http://www.theharbour.org.nz) (harmful sexual behaviour platform)

2010 – 2014: CEO, Safe Network Inc. (sex offender community-based treatment provision)

2009 – 2011: Psychotherapist, Waitakere Abuse and Trauma Counselling Services

### Professional Specialties

Clinical assessment and provision of reports to various agencies, safety planning and treatment (case management) of clients who have multiple morbidities.

Professional coaching & psychotherapy (medium/long term) with particular interest in:

- Professional identity and transition to new
- Work/life stressors and workplace dynamics
- Relational dynamics – personal and professional
- Grief and loss – including crisis of meaning and purpose
- Polysubstance use disorders - AOD (Alcohol and Other Drug)
- Mental Health (particularly psychosis, and personality disorders)
- Complex Trauma (physical, emotional and sexual harm) and Post Traumatic Stress Disorder
- Sexuality and identity

### Professional Memberships

- NZPB – Psychotherapists Board Aotearoa New Zealand – Registration: 00602
- Central City Collective Design Group – Auckland Central (public sector leaders designing services for mental health, housing and wellbeing)
- AUT Making Methods Panel – multidisciplinary panel involved in utilizing design methods to address social inequities (2022-2023)
- Board Member: James Liston Hostel Trust Board (Auckland)
- Clinical Supervision to health & legal professionals.