

CURRICULUM VITAE

Miriam Grace, MA

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Location: United Kingdom

PROFESSIONAL SUMMARY

Senior UKCP Registered Psychotherapist, BACP Senior Accredited Counsellor, and Supervisor with over **35 years of clinical practice**. Specialises in midlife transitions, menopause, and the psychological and systemic complexities of **women coming out later in life as lesbian**. Recognised subject-matter expert, author, and media commentator on late-bloomer lesbian relationships, sexual identity integration, and LGBTQIA+ affirmative therapeutic practices.

ACCREDITATIONS & PROFESSIONAL MEMBERSHIPS

- **UKCP Registered Psychotherapist** | *United Kingdom Council for Psychotherapy* (Sept 2002 – Present)
- **BACP Senior Accredited Counsellor** | *British Association for Counselling and Psychotherapy* (March 2001, Senior Status 2007 – Present)
- **BACP Senior Accredited Supervisor** | *British Association for Counselling and Psychotherapy* (October 2001, Senior Status 2007 – Present)

PUBLICATIONS & MEDIA CONTRIBUTIONS

Books & Monographs

- **Grace, M.** (Forthcoming 2027/2028). [*Mid-Life Lesbian: The Coming Out Companion / Coming Out as a Lesbian Later in Life: A Companion for Women Redefining Their Sexuality in Midlife*](#). London: Jessica Kingsley Publishers / Hachette. (*The first therapist-led clinical and practical guide focusing entirely on the late-in-life lesbian midlife transition*).
- **Grace, M.** & Schofield, J. (2014). [*Life Awakening: The Workbook*](#). Devolved from original course curriculum and clinical concepts; independently published.

Book Chapters (Peer-Reviewed)

- **Grace, M.** (2024). "Coming Out Later as Lesbian: Addressing the Clinical Void." In [*Queering Gestalt Therapy: Gender, Sex, and Relationship Diversity in Practice*](#). London: Routledge. (*An essential text establishing a clinical roadmap for therapists navigating midlife female sexual identity*).

Broadcaster & Media Appearances

- **Guest Expert**, *BBC Radio 4 Woman's Hour* (August 2024) – Invited speaker discussing the psychological, social, and relationship dynamics of women coming out later in life.

- **Host & Producer**, *Women of Steel Podcast* (2024 – Present) – A specialized audio series examining marginalized female voices, late-in-life coming out processes, and shifting relational paradigms through a psychotherapeutic lens.
- **Guest Expert**, *Love, Happiness, and Success for Therapists Podcast* with Dr. Lisa Marie Bobby (2026) – Discussed affirmative therapy requirements for late-blooming lesbian clients.
- **Guest Expert**, *Coming Out & Beyond: LGBTQIA+ Stories* with Anne-Marie Zanzal (Season 5, Episode 10) – Focused on catalyst lesbian relationships and midlife identity integration.

SELECT KEYNOTE SPEECHES & WORKSHOPS

- **Invited Speaker / Workshop Presenter**, *A'Imagine's Queering Midlife Summit* (Upcoming, November 2026) – Presenting on late-in-life sexual identity integration and therapeutic frameworks.
- **Paper Presenter**, *EAGT (European Association for Gestalt Therapy) Conference* (Madrid, Spain) ***Fifty Shades of Misogyny*** – Delivered peer-reviewed paper linking clinical Gestalt methodologies to midlife transitions and identity.
- **Workshop Co-Facilitator**, *Relationship Revolution* (With Author/Researcher Rosie Wilby) – Hosted specialized lesbian retreats addressing relational gaps between lifelong and late-blooming lesbians under the Out & Wild Events framework (Devon, July 2026; Derbyshire, March 2027).
- **Visiting Lecturer (Trauma)**, *University of Vilnius, Lithuania* (2015) – Delivered an intensive 3-day clinical trauma workshop for practitioners.
- **Visiting Lecturer**, *Scarborough Psychotherapy Training Institute* (2012) – Co-designed and delivered a 3-day intensive module on **Sexuality** in clinical practice.
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CLINICAL EXPERIENCE

Psychotherapist in Private Practice | 1990 – Present (36+ Years Active Practice)

- Provide affirmative psychotherapy to individuals, couples, and specialised therapeutic groups.
- Design and run specialised clinical cohorts, including the *Nourish & Nurture Women's Wintering Circle* (running annually for 8 years).
- **Specialised Agency Work history:** Provided specialised crisis and trauma counselling for *Derby Rape Crisis*, *Derby Alcohol Problems Advisory Service*, Employee Assistance Programs (EAPs), and placements in psychiatric care settings in local hospitals.

SUPERVISORY EXPERIENCE

Clinical Supervisor | 1995 – Present

- Provide academic, group, and individual supervision for therapists working across the NHS, private sector, prison service, social services, and domestic violence refuges. Currently working for Barnardos in the provision of services for trafficked and exploited children.
- **Supervisor, SV2 (Formerly Derbyshire Rape Crisis)** – Supervised all active crisis workers and advocacy staff handling acute sexual abuse and trauma cases.

ACADEMIC TEACHING APPOINTMENTS

- **Course Tutor | MA in Person-Centred Psychotherapy**, Sherwood Psychotherapy Training Institute (2016 – 2017)
- **Senior Lecturer & Curriculum Designer | University of Derby** (2015 – 2016)
 - Co-designed, wrote, and successfully took to validation the *BSc in Counselling and Psychotherapy Principles and Practice*.
 - Designed and authored the curriculum for the *Post-Graduate Diploma in the Psychotherapy of Trauma*. [\[1\]](#)
- **Online Course Tutor & Dissertation Supervisor | University of Derby Online** (2012 – 2013)
 - Instructed and assessed Level 7 Post-Graduate tracks, including: *Clinical Supervision, Foundations of Supervisory Practice, Supervisory Practice Within Organisations, Developing Supervisory Practice*, and *Assessment in Cognitive Behavioural Practice*.
- **Course Tutor | Diploma in Humanistic Counselling**, University of Nottingham (2005 – 2006)

PROFESSIONAL TRAINING & FORMAL EDUCATION

- **MA in Humanistic Psychotherapy | Sherwood Psychotherapy Training Institute & Derby University** (Graduated 2004, Merit)
- **Post-Graduate Diploma in Gestalt Psychotherapy | Sherwood Psychotherapy Training Institute** (Graduated 2002, Distinction)
- **Diploma in Clinical Supervision | Sherwood Psychotherapy Training Institute** (Graduated 1995)
- **Diploma in Person-Centred Counselling** (Specialist Focus: Bereavement and Loss) | *Sherwood Psychotherapy Training Institute* (Graduated 1993, Distinction)

- **Certificate in Psychosynthesis for Personal & Professional Development** | *Avalon Psychosynthesis, Glastonbury* (Completed 2014)
- **Certificate in Life Coaching** | *Newcastle College (Accredited by NCFE)* (Completed 2005)

RECENT CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

- **Online Therapeutic Skills** | *OCST* (July – August 2020) – 8 Hours
- **Working Online at Psychological Depth: A Critical Approach** | *Dr. Aaron Balick, Confer* (June 2020) – Webinar
- **Working with LGBT*Q Clients** | *WPP, Cardiff* (April 2016) – 2 Days
- **Zero Balancing Training** | *Zero Balancing UK, Derby* (May 2015) – 6 Days
- **Hypnotherapy (BACP Endorsed)** | *NLP Vision, Leicester* (January 2015) – 3 Days
- **Personality Disorders** | *Dr. Elinor Greenberg, WPP, Cardiff* (July 2013) – 3 Days
- **Writers Workshop** | *British Gestalt Journal, Nottingham University* (June 2013) – 3 Days