



**Dr Glynis Read,
Head of Training & Eating Disorders Specialist,
Castle Craig Hospital (Scotland)**

Glynis is the Head of Training at Castle Craig and currently oversees the care of patients with eating disorders. She developed the Certificate in Addiction Studies and the Diploma in Addiction Counselling (both credit rated by Napier University in Edinburgh), which she now runs for Castle Craig.

While working at Castle Craig, Glynis gained a MSc in CBT and eating disorders and also holds a qualification in eye movement desensitisation and reprocessing (EMDR).

Before joining Castle Craig as a therapist Glynis gained a PhD in Quaternary Science and qualified as an addictions counsellor at Hazelden, Minnesota, USA.