

Jo Talbot Bowen

Consultant Psychotherapist, MBBS, MRCPsych, BA

- Dr Jo Bowen worked previously as a London psychiatrist (MBBS, MRCPsych) and now runs Exeter Stress Clinic, specialising in trauma, stress and conflict management resource development for staff working in Medicine and Dentistry. Jo is a fully trained clinical hypnotherapist and EMDR therapist.
- Jo has published research and articles in the stress field and campaigns actively in the area of doctor wellness and moral distress. She is also a trained mediator and artist and has a first class degree in Fine Art (BA). <http://www.jotalbotbowen.co.uk>
- She recently co-founded cRxeate to offer a creativity resource forum for those working in medicine. <http://www.jobowentherapy.co.uk/>