



Training and Experience

Qualifications and Training

- I am an accredited registered member of the BACP
- MA (with distinction) in Trauma-Informed Practice
- Flash technique training with Justin Havers
- International Association for REWIND Trauma Therapy - Practitioners Certificate
- EFT and TFT Tapping Practitioner Certificate
- CPCAB endorsed Creative Counsellors training
- University Diploma Level 5 in Counselling Studies and Skills
- CPCAB Level 4 Diploma in Therapeutic Counselling
- Certificate in Online and Telephone Counselling
- BSc Psychology



I regularly seek training to ensure that my skillset remains fresh and that I can offer the best possible experience. Some of my recent training and reading has included:

- Specialist Certificate in Cognitive-Behavioural Psychotherapy
- Adult attachment and relationship
- Psychology of Sexual Violence
- Working with Dissociative Identity Disorders
- Introduction to Solution-Focused Therapy
- Sex after Sexual Trauma
- Introduction to Internal Family Systems
- Complicated Grief and Trauma
- Introduction to Walking Therapy
- Dealing with Distress: Working with Suicide and self-harm

Experience

I chose to specialise as a Person-Centred Counsellor because I believe that every person is the expert on themselves. As such, I believe that the tools and answers needed are also within you, provided the right space to find them! In this way, the Person-Centred Approach differs from other Counselling methods which aim to 'fix' you and direct you towards the 'right thing to do'.



I am employed as a Counsellor at a Rape and Sexual Abuse Charity, where I have worked with survivors and supporters of sexual abuse and childhood trauma. I have a range of experience including working with anxiety, PTSD, depression, Bi-polar disorder, low self-esteem, bereavement, bullying, abusive relationships and LGBTQ issues and utilise different methods to support clients process their trauma, including talking therapy, tapping, solution-focussed and CBT techniques and utilising creative methods for when words are not enough.

Previous work has included working within a charity offering day respite for adults with life-threatening illness, disability or learning disability providing support which enables people to live their lives to their full potential, gain skills and move towards independence with confidence. As such, I have a wealth of experience with adults who have autism, Asperger's and physical difficulties and the barriers they, and their carers face in their day-to-day lives.

I have also worked as a teacher where I gained experience of communicating and working with different age groups and the issues which can present in a school environment such as bullying, work pressure, family expectations, prejudice and discrimination due to protected factors. Also, I have experience of working with the stress and pressure felt within the workforce.