**Curriculum Vitae**

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**QUALIFICATIONS**

• NCFE Certificate Level 2 in Counselling Skills

• NCFE Certificate Level 3 in Counselling Skills and Theory

• NCFE 3705 Level 5 Diploma in Counselling.

• N.V.Q Level 3 Health and Social Care.

• C.O.P Counselling proficiency BACP 2014.

***I have recently started an open College Course on C.B.T Therapy (Diploma)***

***I am currently undertaking my BACP accreditation.***

**CSE … O-LEVEL …**

English grade 1 Commerce grade B

History grade 1 Economics grade C

Drama grade 4 Accounts grade C

**B-TEC** Business and Finance.

**MAMSA** Advanced Diploma in Sales and Marketing.

**CIMA** International Marketing and Marketing Communications.

**CURRENT FULL-TIME POSITION.**

**Small Talk Counselling, Private Counsellor (Self Employed Sept 2022-Present.**

I have developed my practice across various services throughout Worcestershire working with both young people, families, and adults. I have valuable practical experience working with Bereavement, trauma, abuse and addiction in a therapeutic setting.

I work in a person-centred way but I am also a qualified A.C.T Therapist I a service where feelings and events can be explored in a compassionate and productive way, taking every step at the client’s own pace and working towards their personal needs.

I am also a Partner in a recently registered C.I.C Company Atlas Counselling and Services, where we have obtained funding to work with the NHS local medical practices supporting clients with various issues.

**Macmillan Counsellor Apr 2019-Sept 2022**

**Job Purpose:**

To provide a clinical psychology service for cancer patients and carers (at diagnosis, during and post-treatment) and staff of Worcestershire Acute Hospitals NHS Trust, in line with NICE guidelines for psychological support in cancer (2004) and the Cancer Reform Strategy (2008) for psychological support during and after treatment; providing highly specialist psychological assessment and treatment and clinical supervision.

Participate in education and training for psychology.

Contribute to service development and participate in Recovery Package initiatives such as Health and Wellbeing events.

To maintain appropriate records of clinical work, provide appropriate statistical returns and participate in outcomes assessments.

Based across the Worcestershire Acute Hospitals NHS Trust’s three sites (Worcester,

Redditch and Kidderminster).

Key Duties:

To maintain an individual caseload, carry out regular reviews and be able to signpost/refer patients as appropriate.

Be able to carry out first contact assessments to decide the appropriateness of referrals in relation to the services which the service provides.

To communication effectively in highly complex situations regularly dealing with sensitive and contentious information and where there may be significant barriers to acceptance and sometimes conducted in hostile, antagonistic and highly emotive conditions.

To deal frequently with highly emotive and distressing circumstances such as pre-bereavement and family breakdown.

To be accountable for own professional actions and decisions whilst being managed within professional and Trust policies.

To contribute to psychological interventions which support self-management, wellbeing and improved quality of life (QoL).

Work with and support colleagues to provide information and support for patients, relatives and carers who are affected by cancers. This includes signposting individuals to other services and organisations that may be able to offer support and advice.

Where appropriate, liaise and work with ward staff regarding patients that are patients on the ward and be involved in discharge review ensuring continuity of care.

To deliver and participate in departmental in-house training programmes.

To liaise with other NHS professional and colleagues within the Trust and in the wider health community, this includes, PALs, Trust managers, ward staff, multi-disciplinary teams, health professionals in primary care, social services and voluntary bodies.

To attend MDT meetings and participate in discussions regarding patient care by acting as patient advocate.

To provide mentoring or supervision to other health professionals.

To offer both long- and short-term counselling, as appropriate.

To maintain appropriate records of clinical work, provide appropriate statistical returns and participate in outcomes assessments. To act as a point of contact for hospital departments which require information and advice regarding psycho-social interventions.

To provide group and individual sessions for patients, carers and staff on subjects such as ‘Managing Stress’, ‘Support for Carers’, and so on.

To engage in regular professional clinical supervision as required by BACP.

**Previous Work Experience**

**Family Bereavement Counsellor/Family Support Co-ordinator.**

**KEMP Hospice,**

**April 2014-April 2015.**

**Position Summary**

My role is to Manage the Adult bereavement team and Family Support volunteers in developing a comprehensive range of services to: inform, support, and guide patients and families through the process of bereavement before, at the time of, and after the death of a loved one; educate, train, and support individuals in their professional or volunteer roles as bereavement care providers; to anticipate and respond to community education and supportive needs related to bereavement.

**Position Role and Responsibilities**

* Provide bereavement education and support for any hospice patient/family members who requests help as well as requests from the community and other individuals.
* Respond to emergent situations in which bereavement counselling is involved.
* Develop and present bereavement related programming in request to community and hospice program needs.
* Participate in group memorial services for staff, the bereaved and the community.
* Collaborate with the bereavement team members in the supervision of bereavement volunteers and trains volunteers to assist with bereavement functions.
* Maintain files and documents in accordance with regulatory and licensure requirements.
* Participate in interdisciplinary team (IDT) meeting to establish, review and revise the plan of care, including exchange of information, review of problems, and sharing of professional support.
* Support, instruct and educate the patient, family, and caregiver.
* Support the patients and family's unique spiritual and cultural beliefs.
* Consult and collaborate with the interdisciplinary team and others involved in the patient/family care.
* Provide care consistent with National Hospice and Palliative Care Organization standards of practice for bereavement programs.
* I have been personally responsible for identifying and developing group support networks throughout the Wyre Forest area which has included two successful support groups, focus groups and recently developed Parent Bereavement Group.
* I have been instrumental in developing links with Hospice shop, GP Practices and Local Hospital Care Unit (Millbrook Suite) offering the facility of one to one support outside of the Hospice premises, making access to Therapeutic support for pre and post bereaved easily accessible for those with transportation issues or issues of visiting/revisiting the Hospice which may present a barrier.
* I have been responsible for re-introducing home visits to clients that may struggle to attend the Hospice for support casting the support network further for those that traditionally had not been supported within the Wyre Forest Area.
* In a recent Job role change, I am also responsible for outreach work in the Wyre Forest area, as well as the responsibility of delivery of bereavement Training for KEMP Staff and professionals outside of the organisation.

**Family Practitioner**

**Malachi Family Support Services.**

**Feb 2012-April 2014**

I moved to Malachi as i have a passion for working to support children affected by family breakdown. Malachi Specialist Family Support Services CIC delivers a bespoke service. Tailored to specific needs, it provides a high quality practical and therapeutic support to the whole family. Malachi has developed a model that offers a multi-level intervention to its target group  
I offer one to one therapeutic support to both Children and parents, based predominantly in schools throughout Birmingham. Currently I work in two primary school in areas of high unemployment; I also work in a school for children affected by special needs, ranging from Autism to challenging Behavioural issues

My role is to work with the schools and parents to provide better home and school life for everyone.

I facilitate a Malachi parent group which aims to raise awareness through exploring issues around bonding and attachment in their own parent to child relationships. This is to enhance their understanding of how to meet their children's needs, thus breaking the cycle in families.

I also help support with Malachi Projects which consist of exclusive use of six highly successful, original family themed projects. Each one allows the children to explore different aspects of family life and to discover for themselves how differing family experiences impact on their behaviour and its impact on themselves and those around them.

**My job role involves the following:**

* Individual counselling/emotional support for All family members
* Motivational Interviewing
* Cognitive Behavioural Therapy
* Solution focused Therapy
* Leading service user support groups
* CAF Support.
* Child Protection Issues.
* Multi-Agency engagement.
* DWP Work supporting separated families.

**Alcohol/Drug Practitioner**

**Aquarius Projects Sept 2009-Feb 2012**

I engaged with individuals, couples, and families to help them identify the function of their substance misuse. Clients may then set goals related to their substance misuse and explore ways to fill the void which is left when alcohol is reduced or removed from their lives completely.

Aquarius adopts the view that people use alcohol (and/or other substances) to fulfil a need, rather than being an illness or condition that they have no control over. Such needs may include relief from stress, to help cope with the pain of bereavement, to dampen down the symptoms of anxiety or to cope with depression.

The organization relies solely on practice with a strong evidence base, including Motivational Interviewing and relapse prevention techniques. In addition all practitioners are encouraged to develop skills in reflective practice an awareness of the principles of good practice as outlined by the BACP. This means taking a client focussed style and encouraging empowerment rather than dependency.

**My job role involves the following:**

* Individual alcohol and drug counselling
* Motivational Interviewing
* Cognitive Behavioural Therapy
* Leading service user support groups
* Working on Child Protection Case Conference’s and offering relevant family support,
* Family work
* Providing addictions awareness training for non-specialist staff.
* Undertaking risk assessments and managing client risk.
* Counselling Clients with Issues with Gambling.

**In House Training with Aquarius:**

* Dealing with Violence - 12/10/09.
* Motivation Interview Training - 29/10/09.
* Motivation Interview Training - 30/10/09.
* Screening and Brief Assessment Training - 02/11/09.
* Screening and Brief Intervention Training - 09/11/09.
* Assessment Training - 03/12/09.
* Drug Awareness - 06/05/10.
* Alcohol the Facts - 10/05/10.
* Dependency and Detoxification - 24/02/10.

**Other Work Experience 2009-2015**

**Group Worker** – Spurgeon’s Play groups for Children with Autism and siblings. (Friday evenings 6pm – 9pm).

**Manage and facilitate Young Carers Group** (Dudley Young Carers once a month)

**Contact Worker**-Spurgeon’s (Sessional-weekends)

**Play Worker** Bank Staff-Resources for Autism.2009-2012.

***Also worked BSMHFT AS Bank Staff HCA-2009-2012***

**CURRENT PART-TIME POSITIONS (employed in a self-employed basis under Small Talk Counselling Services)**

**Private Counselling**-Sessional [www.sanctum.me.uk](http://www.sanctum.me.uk)

**Gordon Moody Ass**-Counsellor- Support for clients (Male and Female) that have just completed rehabilitation with Gambling addictions.

**Axis Hub Kidderminster (Kidderminster Youth Services)**-Counsellor for young adults with issues surrounding substance abuse, anger issues, family issues and homelessness. Working in close partnership with Kidderminster Youth Centre, Children’s Services and more recently CAMHS.

**Our Way Self Advocacy**-Therapeutic Support for adults with learning difficulties (in partnership work with AXIS Hub and KDYT).

**Bank Bereavement Counsellor** at St Mary’s Hospice Birmingham

**Bank Counsellor Dudley** and Black Country NHS Cancer Psychology team.

**Previous Voluntary Positions.**

School Parent Governor-Hasbury Primary School 2009-2012.

Co-facilitate a local bereavement support group (Biscuit Club).2012-2016

Fundraising Chairperson, Sandwell Hospital Haematology Ward, 2002-2005

I helped to arrange charitable events in order to raise finances to support the unit purchase lifesaving equipment.

**Area Co-ordinator, Leukaemia Care, 2003 – 2008.**

This role included helping patients to fill in relevant forms to enable them to apply for financial support, offering emotional support to patients and carers suffering from the effects of blood related cancers and also offering support to carers that have suffered the loss of a loved one.

**Bereavement Counsellor, St Mary’s Hospice, Jan 2006-June 2007.**

In this position I was able to offer emotional support to clients who have suffered bereavement and also helped clients to develop coping strategies for dealing with the short/long term pain of their loss.

**Mental Health Counsellor, Sandwell Mind, June 2006-Jan 2008.**

With Sandwell Mind I was able to offer support to clients suffering from relatively mild mental health issues such as mild anxiety or depression to more severe mental illnesses including Schizophrenia and bi-polar disorder. Issues often included problems with self-esteem, prejudice and equality, the development of coping strategies for both visual and auditory hallucinations and the impact of the condition on family members.

**Support worker, Edwards Trust, June 2007-March 2008.**

With the Edwards Trust I provided general support to children who have encountered a bereavement of a loved one.

**Care Support Worker, Care-Tech, March 2008-Oct 2009.**

In this organization I was able to offer emotional, physical and practical support to adults suffering from severe Autism. Within this role it was imperative to aid client autonomy, uphold clients’ dignity and prevent discrimination. Tasks ranged from …to…………….

**Previous to my career change I have 22 years’ experience within the Construction Industry holding senior Management positions, information available upon request. (Proof of no gaps in employment)**

**PREVIOUS TRAINING**

* Bereavement Training - St Mary’s Hospice (in house training, 2006).
* Key listening skills when working with bereavement - Leukaemia Care (in house training, 2006).
* Youth Offender Training, Buddy Project - Birmingham City Council, 2006
* Dealing with Disclosures, Policies and Referrals - Sandwell Local Safeguarding Children Board, 2006
* Child Protection Awareness Training - Sandwell Local Safeguarding Children Board, 2006
* Mental Health Awareness Training - Sandwell Mind, 2007
* Person Centred Expressive Arts Workshop, 2006
* Basic First Aid - Halesowen College, 2005/Caretech Communities 2009.
* Health Safety-Caretech Communities 2009.
* Food and Hygiene-Caretech Communities 2009.
* Infection Control-Caretech Communities 2009.
* Restraints and Holding-Caretech Communities 2009.
* Understanding Autism Level 2- Caretech Communities 2009.
* Epilepsy Awareness-Caretech Communities 2009.
* Getting Hammered Young People and Alcohol Training, Dudley safe and sound, 12/11/09.
* Safeguarding Adults abuse awareness-Dudley MBC. 12/01/10
* Child Protection Training Level 1, Dudley Safeguarding Board. 19/01/10.
* Child Protection Training Level 2, Dudley Safeguarding Board 09/02/10.
* Child Protection Level 3- Case Care Conferences Dudley Safe Guarding Board 08/06/2011.
* GAMCARE Training-Counselling for Gamblers.
* Management Performance of Head Teachers-Dudley Education 09/06.2011.
* CAF Training, Birmingham Safeguarding Board 2012.
* Child Protection Training Level 3-Birmingham Safeguarding Board 2012.
* Team-teach Trained 2012.
* Safeguarding Training 2015.

**About me……..**

**My Interests**

One of my great passions besides counselling is pretty much anything to do with water. During my school years I enjoyed swimming for the county, and attended Walsall Sea Cadet Corps. A bit later on in life I was introduced to charity raft racing by a friend and although we lost more races than we won, I thoroughly enjoyed it. I would always be open to participating in more charity events as charity fundraising is something that I feel passionately about.

In my teens I achieved my Bronze and Silver awards in The Duke of Edinburgh’s Award scheme and I’m also a Black Belt Instructor in Aikido.

When I get a spare minute, I love keeping up with my local football team West Bromwich Albion, I am a life-long fan! I am also a Proud Father and love spending time with my 13-year-old Son and 15-month-old daughter doing the things Daddies do.

**REFERENCES**

References may be obtained upon request.