# Education

Postgraduate Diploma – Therapeutic Life Story Work – Institute for Arts in Therapy and Education July 2019

MA - Integrative Child Psychotherapy – Institute for Arts in Therapy and Education (University of East London) October 2012 – July 2017

Postgraduate Diploma – Integrative Arts Psychotherapy – Institute for Arts in Therapy and Education (London Metropolitan University) July 2012

B.A.(Hons) Business Studies with Marketing – Middlesex University July 1992

BTeC National Diploma Business Studies – Aylesbury College – July 1988

The Grange School, Aylesbury ‘O’ Levels, English Language, History, Music**,**

CSE Level 1 French, Computer Studies, Ethics, English Lit; C/CSE Level 2, Maths, Science

Grade 1-7 Piano (Assoc. Board of Royal Schools of Music - ABRSM)

Grade 5-8 Oboe (ABRSM) (Equivalent to A Level)

# Employment History

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| * Since qualifying as an Integrative Child Psychotherapist in 2017 I have worked on a self-employed basis using creative arts, music, movement, sandplay, talking, puppets, modeling, drama, story-telling and modelling. During the recent restrictions around COVID-19 I have completed over 100 hours of training to qualify as a Certified Cyber Therapist, using technology and creative interventions to engage with children online. I also incorporate the use of avatars through ProReal as a therapeutic tool which is especially important for children who prefer to work with online games. Since I completed my training as a life story worker in 2019, **I have been a service provider for the Post Adoption Team in Bucks, and I am currently commissioned by them to provide child psychotherapy and therapeutic life story work to children who are adopted and placed under an SGO.**
 |  |  2017 - present |
| * **Independent Mental Health Advocate (under contract with National Youth Advocacy Service) –**

**South London and Maudsley Hospital, Snowsfields Adolescent Unit** * **The Priory Hospital, Southgate and North London Clinic, Edmonton**

I have worked in adolescent psychiatric units and medium secure forensic inpatient wards. I am a supportive, accepting, listening ear for children, young people and adults suffering from a wide range of psychological difficulties as well as upholding the rights of qualifying patients detained under the Mental Health Act.  |  | March 2017- July 2018 November 2017 – February 2019  |
| * **Self-employed Integrative Child Psychotherapist – The Open Toybox.** I have over 6 years of experience providing psychotherapy in Hertfordshire schools, gained throughout my training as an Integrative Child Psychotherapist. All of my placements were managed through the practice manager at The Open Toybox, who closely monitored my referrals, and my relationships with staff in schools, as well reviewing the feedback from parents and the children I saw.
 |  | October 2012 - present |
| **Braveheart Education – Self employed trainer**I deliver training sessions on attachment and trauma, supporting people in various sectors who work with vulnerable children in foster care, adoption and difficult home situations. |  | September 2015 – May 2017 |
| * **National Youth Advocacy Service** (NYAS) – Independent Hertfordshire Children’s Advocate

I work on a self-employed basis to provide children and young people with information about their rights and entitlements. I help them to have a voice and be heard when decisions are made about their lives. |  | July 2013 - present |
| * **Hertfordshire County Council** – Laurance Haines Primary School, Watford – SEN Teaching Assistant –

I worked 1:1 with a child in Key Stage 2 who had a Statement of Educational Needs which identified challenging behaviour. I provided educational and behavioural support as well as 1:1 daily interventions for literacy and numeracy. I worked closely with class teachers, SENCo and external professionals to produce differentiated resources which helped him to achieve his behavioural targets and to access the curriculum. I used augmentative and alternative communication systems for children with specific learning needs. |  | April 2011 – April 2013 |
| * **Talent Innovations – Kings Langley** – Bureau Administrator to Occupational Psychologists:
* I managed 360 degree feedback projects online. I set up approx 20 projects per week, processed around 50 reports and managed 2,000 plus outgoing emails per week.
 |  | June 2010 – Feb 2011 |
| * **Business Services Guide** – Self employed – Social Media Marketing, managing online business directory.
 |  | June 2009 – June 2010 |

# Professional Development

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| * Teaching Assistant’s Diploma NVQ 3 Certificate
 |  | July 2010 |
| * Social Care with Families – NVQ 4 Diploma
 |  | July 2012 |
| * Advocacy Skills NVQ 3 - Certificate
* Certificate in Counselling Skills using the Arts (IATE)
* Caring for a child with difficult behaviour – Herts Post-Adoption Support Team
 |  | July 2013 March 2012July 2013 |
| * Independent Mental Health Advocacy NVQ3 Certificate
* Certified Cyber Therapist
* ProReal Facilitator Training (to be completed July 2020)
 |  | July 2018April 2020July 2020 |

# Voluntary / Work Experience

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| **Datchworth Project, Watford – Trainee Child Psychotherapist (Placement)**I delivered a 1:1 psychotherapy service as part of an 18 month placement for Datchworth, a Hertfordshire LA facility supporting families where traumatic behaviours present a risk of placement breakdown, using the Attachment, Self Regulation and Competency (ARC) therapeutic framework. I provided therapeutic support and intervention programmes to traumatised children (under 12) and provided support for their carers.  |  | October 2015 –October 2017  |

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| **Chessbrook Educational Support Centre – Outreach worker** 6 week placement providing 1:1 art-based behavioural sessions in school for a pupil in Key Stage 2. I planned and delivered each session, kept journals of the progress for weekly supervision with the Primary Support Manager. I produced a report for the school and facilitated a final meeting with the school and parent to end our sessions.  |  | June 2011 – July 2011 |

# Personal Background:

* I have 14 years' experience as an **adoptive parent**; this has guided my interest in how developmental deficit, special educational needs and trauma can impact families.   I am also passionate about the adverse life experiences that shape children's ability to form good attachments, leaving their internal and external resources unable to cope.
* **Care-leaver:** As a childI had short-term placements in foster care between the ages of 18 months – 4 years old and I was placed in long-term foster care through Buckinghamshire County Council, from 8-18 years of age.

# Interests:

I enjoy listening to a wide variety of musical genres. As a teenager I played oboe for Buckinghamshire County Youth Orchestra and studied to grade 7 piano and grade 8 (distinction) oboe. I’m married to a bass guitarist who is also an ordained Church of England vicar and we enjoy listening to live performances.