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| A picture of a winding road and trees  CV & Personal statement | Abstract  I’m an Integrative Counsellor and Psychotherapist specialising in trauma, adoption/Special Guardianships/Fostering to Adopt and attachment. I offer a journey that is safe and supportive for individuals and families to explore, heal, and grow.  Tracey Walker  Integrative Counsellor and Psychotherapist |

**NAME:** Tracey Walker

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**EDUCATION: FROM: TO: SUBJECTS: GRADES:**

UCE Birmingham 09/2006 26/03/07 Integrative Counselling Post Grad.

& Psychotherapy. Diploma

UCE Birmingham 09/2005 13/07/06 Integrative Counselling Post Grad.

& Psychotherapy. Certificate

City of Wolverhampton College 09/2005 15/05/06 Diploma in Counselling. Level 3

QCA

Counselling Training Initiative 09/2003 07/2005 Counselling. Diploma

City of Wolverhampton College 09/2003 06/2004 Counselling Diploma. Pass

CTI

**PROFESSIONAL TRAINING**

AEDP Institute 04/2025 01/2026 Accelerated Experiential Dynamic

Psychotherapy (AEDP) Level 2.

Partnership Projects 03/2025 05/2025 NVR Advanced Certification.

AEDP Institute 01/2025 01/2025 Accelerated Experiential Dynamic

Psychotherapy (AEDP) Immersion.

Permanence West Midlands 12/2022 12/2023 Building Underdeveloped

Sensory Systems (BUSS) Level 2.

Permanence West Midlands 02/2022 02/2022 Building Underdeveloped

Sensory Systems (BUSS) Level 1.

Permanence West Midlands 06/2021 06/2021 Neurosequential model of

Therapeutics.

Permanence West Midlands 12/2020 02/2021 Non-violent resistance Foundation

(NVR).

Richard Rose 09/2020 09/2021 Therapeutic Life Professional

Story Work. Diploma

(TLSW)

PESI UK 19/05/20 19/05//20 Exploring the future of therapy and

the mental health profession in a

post-pandemic world.

PESI UK 19/05/20 19/05/20 Who’s responsible for our collective

Mental health? An exploration of

Current strategies and the post-

Pandemic landscape.

PESI UK 19/05/20 19/05/20 Using Neuroscience to pull through

the current mental health crisis.

PESI UK 19/05/20 19/05/20 Using Mindfulness to De-Stress,

reduce Anxiety and Stay Present

during these Challenging Times –

and Beyond.

PESI UK 15/05/20 15/05/20 Trauma and Dissociation: Essential skills for Working online.

Inclusion Support: Educational Psychology 10/03/20 10/03/20 Using Counselling Skills to Support

Children and Young People.

West Midlands Police 19/02/20 19/02/20 Introduction to Adverse Childhood

Experiences (ACEs) and Early

trauma.

Inclusion Support: Educational Psychology 05/02/20 05/02/20 Autism and Mental Health.

Partnership Projects 27/01/20 27/01/20 Introduction to Non-Violence

Resistance.

Respond 12/01/20 12/01/20 Front line Training.

Inclusion Support: Educational Psychology 22/01/20 22/01/20 Supporting Attendance: Support

For Emotionally-Based School

Refusal.

First Person Plural 13/12/19 13/12/19 Trauma – Informed Services &

Complex Dissociation.

Permanence West Midlands 26/11/19 29/11/19 Dyadic Developmental Practice,

Psychotherapy and Parenting.

Inclusion Support: Educational Psychology 19/11/19 19/11/19 Getting it Right Training: Preventing

escalation of challenging behaviour

emotion Coaching.

University of Wolverhampton 18/11/19 18/11/19 Dementia Dialogues.

Inclusion Support: Educational Psychology 13/11/19 13/11/19 Getting it Right: Positive Steps to

Support Behaviour and Emotional

Wellbeing in Schools.

Wolverhampton Domestic Violence Forum 12/11/19 12/11/19 Male Victims and the Respect

Toolkit.

Victim Support 22/10/19 22/10/19 Hate Crime Project.

Wolverhampton Domestic Violence Forum 30/09/19 30/09/19 Forced Marriage and Honour Based

Violence.

Wolverhampton Domestic Violence Forum 24/09/19 24/09/19 Domestic Violence, Risk

Assessment, Safety Planning

And Support.

Wolverhampton Domestic Violence Forum 23/09/19 23/09/19 Stalking and Coercive Control.

Wolverhampton Domestic Violence Forum 12/09/19 12/09/19 Rape and Sexual Violence.

Wolverhampton Domestic Violence Forum 06/09/19 06/09/19 Female Genital Mutilation:

Awareness Raising.

Consortium of Voluntary Adoption Agencies 09/04/19 10/04/19 The Neurodevelopmental Approach (CVAA UK). to Trauma-Informed Care

With Dr Elaine Fletcher-Janzen.

The British Psychological Society Approved 05/03/19 06/03/19 Essential Supervision Skills

SDS Seminars Ltd Clinical Supervision. With Dr Paul Grantham

Adopt West Midlands 22/01/19 25/01/19 Dyadic Development Practice,

Psychotherapy and Parenting L1

With Cas Schneider.

City of Wolverhampton Council 13/05/17 13/05/17 Child Protection Basic Awareness

Alyson Sayers Safeguarding with Andrew Wolverson.

First Response First Aid Ltd 08/03/14 03/2014 Paediatric First Aid.

with Lee Painter

First Response First Aid Ltd 06/2011 27/06/11 Paediatric First Aid.

With Bill Curtis

Wolverhampton Earl Years and Childcare 19/05/11 26/05/11 Child Protection Basic Awareness.

Service with Julie Spencer

JJ Training Ltd.

Team-Teach 30/07/08 30/07/08 Personal Intervention (bild).

City of Wolverhampton College 14/05/08 05/2008 Paediatric First Aid.

Black Country and Birmingham 17/04/08 17/04/08 Child Sexual Abuse and Early Years.

Work

Wolverhampton City Council 15/03/08 15/03/08 Child Protection Basic Awareness.

RoSPA 08/03/08 08/03/08 Chid Safety in the Home.

Wolverhampton City College 23/02/08 23/02/08 Early Years Foundation Stage.

Birmingham Prison 09/2006 11/2006 Basic Training in Prison Work.

With Prison Link

CRUSE Bereavement Care 22/05/06 01/07/06 Bereavement Counselling Skills.

With Sandra Revill.

Wolverhampton City Council 17/06/06 17/06/06 Birth to three Matters Practitioner

Sure Start. Awareness Training.

City of Wolverhampton College 2004 26/03/04 Emergency First Aid.

Windrush Employment Training 23/10/03 23/10/03 Child Protection Awareness.

**PAID EMPLOYMENT**

Adoption Southeast P/T 2023 Present Independent Integrative Counsellor &

Psychotherapist.

Together4Children P/T 2023 Present Independent Integrative Counsellor &

Psychotherapist.

Adoption at Heart P/T 02/10/20 Present Adoption panellist.

Adoption at Heart P/T 27/03/20 Present Independent Integrative Counsellor &

Psychotherapist.

NHS out of hours doctors’ surgery P/T 05/11/19 27/02/20 Integrative Counsellor and

Psychotherapist.

Self-employed P/T 2010 Present Swedish and Sports Masseuse.

Independent P/T 2007 Present Integrative counsellor and

Psychotherapist.

Self-employed F/T 2003 2018 Registered Childminder.

Walsall Black Sisters Collective P/T 2008 2009 Teaching Assistant.

Open Arms Residential Care F/T 2007 2008 Residential Social Worker.

Mary Bethune Summer School P/T 2002 2004 Teaching Assistant & Team Leader.

Family Support Services F/T 2000 2002 Residential Social Worker.

**PERSONAL STATEMENT**

I’m an Integrative Counsellor and Psychotherapist working in private practice, offering a trauma-informed and holistic approach to psychotherapy. My belief is that no single method suits everyone, and so I draw from a variety of therapeutic approaches to meet each person where they are. I weave together principles from: Person Centred Psychotherapy (PCP), Dyadic Developmental Psychotherapy (DDP), Non-Violent Resistance (NVR), Accelerated Experiential Dynamic Psychotherapy (AEDP), trauma-informed care, Mindfulness practice, and somatic therapy, etc, creating a space that is both safe and adaptable.

My work has brought me alongside individuals facing an incredibly broad range of life experiences. I have supported people through attachment difficulties, identity exploration, grief, PTSD, Complex PTSD, self-harm, family suicide, bereavement, and issues linked to trauma such as rape, abuse, modern slavery, and domestic violence. I’ve worked with those navigating major life transitions like menopause, divorce, abortion, or adoption, and others facing the emotional impact of gang-related violence, racism, fostering, boarding school trauma, and intergenerational wounds. I also work affirmatively with LGBTQ+ clients and those exploring gender and sexual identity.

At the heart of my practice is the belief in connection, respect, and the capacity for growth, no matter what someone has experienced. I offer therapy that is attuned to each person’s story and needs, and I walk alongside them with curiosity, compassion, and care.

In my role as a registered childminder, I provided high-quality care in a nurturing environment, supporting families within my local community. I created a space where children could feel safe, happy, and supported, allowing parents to pursue work or study with confidence in the care their children were receiving.

While working in secondary schools, I supported students, teachers, and parents. These experiences not only allowed me to listen deeply and support others, but they also became opportunities for my own self-reflection and growth. Through supervision and ongoing learning, I became more grounded and effective in how I work with others.

As a residential social worker, I cared for young people aged between 8 and 21, many of whom had experienced significant trauma or exhibited challenging behaviour. Working as part of a small, dedicated team, I adapted my approach to meet the unique needs of each young person, while working closely with external agencies to ensure they received the appropriate care and support. This role required creativity, patience, and emotional resilience.

At Cruse Bereavement Care, I supported individuals—children, young people, and adults—through grief and loss. I offered a space where they could feel seen, heard, and held during one of life’s most painful experiences.

Earlier in my career, I worked as a teaching assistant at a supplementary school, where I supported the delivery of culturally relevant education for African, Caribbean, and transracial children at Key Stages 3 and 4. This work aimed to uplift academic achievement and promote a sense of pride and identity in students who were often underrepresented in mainstream education.

Throughout my career, I’ve always worked collaboratively with others. Being part of multi-disciplinary teams has taught me the value of working together with mutual respect and shared purpose. I take my role within a team seriously and bring a commitment to clear communication, cooperation, and delivering care that truly serves the needs of the people we work with.

Outside of my work, I’m always learning—formally and informally—and I genuinely enjoy deepening my understanding of the world, people, and myself. I love to travel, experience different cultures, try new foods, and enjoy the arts. Cinema, theatre, comedy shows, and reading bring me joy, as does spending time with family and friends. I believe that play, laughter, learning, and connection are essential parts of life—and that they all have a place in the healing journey, too.