



## Anna Perry

### Education

Graduation with a 2:1 Bsc. Psychology at the University of Birmingham

Achieved a Head of School Commendation

Developed skills in both quantitative and qualitative research methods and confidence at using SPSS during Research Methods modules A, B, C and D.

Relevant modules include: Clinical Psychology of Severe Intellectual Disability, Adolescence: Mind and Brain, Forensic Psychology, Early Intervention, Psycholinguistics, Neural Basis of Movement, The Development of Attachment Behaviour,

Member of the British Psychological Society

### Experience

#### **Assistant Psychologist at The Private Therapy Clinic – April 2019 – present**

This role has given me insight into the role of a Counselling Psychologist and different forms of counselling including Psychodynamic counselling and Dialectical Behavioural Therapy.

I receive regular supervision from Senior Psychologists to train me in how to use Cognitive Behavioural Therapy techniques to particular client presentations.

My responsibilities include initial phone consultations with clients to help recommend the most suitable form of therapy and particular practitioner for them to see.

Soon to be trained in psychometric tests for dyslexia, ADHD and ASD to assist the senior Child Psychologist at the clinic.

#### **Honorary Psychological Wellbeing Practitioner at Pause, Birmingham mental health drop in centre run by The Children's Society and NHS**

##### **The Children's Society Volunteer of the Year 2018**

- This role has given me a wealth of experience working with young people. The accessible nature of the service means I have seen a wide range of difficulties, from mild anxiety to people in crisis.
- I have received training in safeguarding, counselling skills, gender, self-harm and more.
- I welcome people, give them a tour and help them feel comfortable in our safe space.
- Conducted one-on-one sessions to help young people explore their emotions, and help to find coping strategies they can use. I must be adaptable to each individual's situation.
- Have been involved in running groups such as creative writing, play therapy and creative arts.
- I was responsible for feeding information back to a senior member of staff and to make decisions on the basis of how a session was going. This included making referrals to longer term counselling where appropriate.

#### **Learning Support Worker, September 2018-March 2019, and previously Volunteer Classroom assistant at Milestone School, Gloucester**

- This has been an insightful experience into the challenges that young people with special needs face, as well as the unique abilities they possess.
- The class I was based in is non-verbal and autistic and I love how my job is to help reduce their anxiety and communicate with them on their level. I have applied my Foundation in ABA therapy (August 2018) whilst working in this role.
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I have also helped other verbal classes and have experience in promoting positive relationships with children experiencing attachment difficulties

- My responsibilities included noting down observations of the children which are relevant to their education healthcare plans and facilitating cognitive development opportunities in relation to their individual targets.
- Experienced at the de-escalation of challenging behaviours including biting, self-injury etc.
- During my time volunteering at the school I observed the difference Makaton can make to a child's life and this inspired me to join the sign language society at University.

### **Vice Chair at the Mental Wealth Initiative, project spin off from Youth Health Parliament (2016-17)**

- One of my most notable achievements was when I presented the policy proposal for more youth mental health drop-in centres in the House of Commons (December 2016).
- As the senior researcher, I conducted independent and group research at a high caliber level.
- The quantitative and qualitative research collected from patients is what formed a convincing and strong foundation for the policy proposal I wrote.

### **Professional Development**

#### **Applied Suicide Intervention Training (ASIST) at Papyrus**

- This intensive course equipped me with the skills necessary to help support a suicidal individual to safety, whilst respecting and acknowledging their choices and their pain. Following on from this I raised over £350 for Papyrus including a sponsored 160ft bungee jump.

#### **The Clinical Psychology of Severe Intellectual Disability Module**

- This module taught me about associations between challenging behaviour and operant learning and how to conduct functional analysis.

#### **Member of the Sign Language Society at University**

#### **Makaton Foundation**

#### **Applied Behavioural Analysis training with Child Autism UK**