

A Clinical Psychology Master's graduate with a keen interest in mental wellbeing and clinical research. Enthusiasm for this field extends past academia, with experience working within individual with a range of mental health difficulties. Working towards a career in Clinical Psychology.

## **Education**

MSc Foundations in Clinical Psychology - Newcastle University - Distinction

- Modules: Introduction to Cognitive Behavioural Therapy, Health Psychology, Research Apprenticeship and Professional Skills in Clinical Psychology.
- Dissertation: Separation concerns and general worries. A psychometric evaluation of a new screening measure for adult separation anxiety.

BSc Psychology - Newcastle University - First Class Honours

- Modules: Clinical Psychology, Eating and weight Disorders, Disorders of Development and Forensic Psychology.
- Dissertation: Do people have good insight into their face recognition abilities? An exploration of the potential usefulness of a screening tool to reduce mistakes in eyewitness identifications.

Caterham School, Surrey.

A Levels: Psychology (A), English Literature (A), Mathematics (B)

## **Experience**

Assistant Psychologist Internship - Private Therapy Clinic

- Administrative duties, speaking with clients and practitioners to ensure the most appropriate treatment is provided.
- Conducting initial assessment consultations with new clients to identify the area of difficulty they are seeking therapy for and making treatment recommendations.
- Receive training in cognitive behavioural interventions and key counselling skills in preparation to deliver evidence-based therapy.
- Engage in weekly clinical supervision to discuss caseloads and assist in providing the most effective support to clients.

### Digital Volunteer - Beat Eating Disorders

- Utilise motivational interviewing techniques to provide guidance and support for individuals with eating disorders and their carers via webchats.
- Provide psychoeducation to service users, with the primary aim to increase access to support for individuals affected by eating disorders and encourage goal-directed behaviour.
- Carry out risk assessment protocols to ensure the safety of service users.

### Peer Support Group Volunteer

- Run informative peer support workshops, with the aim to provide students with a safe space to discuss their stressors.
- Developed and delivered evidence based self-help techniques to students with mild anxiety, low mood and stress related difficulties (such as thought record journals and worry diaries).

### Side by Side Volunteer - The Alzheimer's Society

- Practical experience support someone with complex mental health difficulties, developing a good therapeutic alliance.
- Responsible for supporting service user in playing an active role in the community and reducing feelings of isolation.
- Gained an insight into supporting individuals with cognitive impairments and challenging behaviour.

### **Skills and Achievements**

- Recipients of the NCL plus award for undertaking over 50 hours of volunteer work, alongside attending workshops.
- Duke of Edinburgh awards (Bronze and Silver)
- Proficient in SPSS and Microsoft Office

### **Hobbies and Interests**

- Travel - in 2015 I completed a charity expedition to Tanzania. Over 3 weeks, I taught English in a school and lead a number of different activities (including decorating classrooms and building play areas)
- Sport - member of both lacrosse and netball teams throughout school, as well as representing surrey in lacrosse.

References available on request.