

Director and Counselling Psychologist
Blueroots Counselling Limited - London, UK

October 2019 - Present

Counselling Psychologist offering individual therapy and couples' counselling.

Counselling Psychologist

The Priory Wellness Center - London, UK

October 2018 - November 2019

Treated adults, adolescents, and children in an outpatient setting using evidence-based models.

Counselling Psychologist

The North London Priory Hospital - London, UK

April 2018 - June 2019

Counselling Psychologist / DBT Therapist treating out-patients and in-patients in a Tier 4 hospital. Worked with adolescents, children, and families in a clinical setting at the North London Priory hospital. Worked directly with children and families using systemic theories, attachment theories, DBT, CBT, narrative, and Gestalt treatment modalities. Individual psychotherapy using evidence-based research. Created treatment plans and assessments. Conducted thorough psychosocial assessments, risk assessments, and mental status exams. Assessed for suicide (when needed). Created safety plans (when needed). Crisis intervention. Trained in beck depression inventory. Implemented effective behavior plans for clients. Diagnosed clients using the DSM-V. Created a positive environment for clients to heal

Interim Clinical Supervisor

Eagle House School - London, UK

September 2018 - December 2018

Provided ongoing training in the context of related supervised experiences to enable supervisees to deliver effective and ethical services. Assessed and facilitated strategies to meet the learning needs of the supervisees. Evaluated clinical interactions (in all situations and capacities). Identified and reinforce effective actions by the supervisees. Taught and demonstrated counselling techniques. Explained the rationale of strategies and interventions. Interpreted significant events in the counselling process. Challenged the supervisees in a constructive manner. Assisted the supervisees in recognising their personal limitations in order to protect the welfare of both the client and supervisee. Interacted with the supervisees in a manner that facilitates their self-exploration, problem-solving ability, and confidence. Supported the supervisee's wellbeing through being aware of and helping the supervisee deal with such things as stressful events, role ambiguity, career development, and skill use. Assessed the practitioner's skills & approach towards the psychotherapeutic process with the client. Clarified performance standards to be met. Negotiated objectives for learning. Utilised appropriate strategies to address performance and skill deficits in the supervisee's approach with clients. Kept appropriate records and attend all management meetings.

Behavioral Health Clinician

Foothill Community Health Care - San Jose (CA), USA

September 2013 - July 2016

Treated a high caseload of children and adolescence in the school district in San Jose California and averaged 40 clients a week - Worked in a high risk and a lower socioeconomic area - Worked directly with child protective services to safeguard children from abuse - Completed thorough psychosocial assessments, treatment plans, risk assessments, progress notes, and mental status exams for all my clients - Suicide assessments (when needed) - Diagnosed clients using the DSM-V - Individual psychotherapy - Group psychotherapy - Attended meetings and training - Billed medical insurance companies (met California medical insurance standards of proficiency and clinical documentation in a timely manner) - Facilitating therapeutic programs for teens and children in the summer (Peacebuilders Program & Bridge Program) - Promoting the agency's services - Attending and facilitating take back the night event and facilitating groups about body image to adolescence girls - Trained parents, teachers and school staff to support kids with challenging behaviors - Crisis intervention / De-escalate - Trained in beck depression inventory - Implemented effective behavior plans at home and at school - Created a positive environment for patients to heal as well as intervened in crisis situations

Residential Counselor

Crossroads Treatment Center - North Highlands (CA), USA

June 2013 - September 2013

Worked directly with child protective services to safeguard children from abuse - Advocated for high risk emotionally disturbed adolescent girls - Helped clients identify and resolve social and other problems - Created a safe and secure environment for clients - Planned and led group sponsored social activities - Trained in crisis prevention and intervention - Observed clients and documented unusual behaviors - Made sure rules and regulations were followed by clients - Held regular meetings with clients - Created a positive environment for patients to heal as well as intervened in crisis situations

Marriage and Family Therapy Intern / Case Manager

St Johns Women & Children's - Sacramento (CA), USA

January 2013 - June 2013

Volunteered as a therapist and a case manager at a domestic violence program/shelter for women and children - Individual Therapy - Family Therapy - Case Management - Group Therapy (relapse and recovery in alcoholism and drug addiction) - Educated women on the cycle of abuse - Assisted families with community housing and community programs - Participated in regular staff meetings - Participated in continuous training and program development - Crisis Intervention / De-escalate - Completed thorough psychosocial assessments, treatment plans, risk assessments, progress notes, and mental status exams for all my clients. - Assessed for suicide (when needed) - Worked directly with child protective services to safeguard children from abuse. - Diagnosed clients using the DSM-V - Facilitated parenting classes - Created a positive environment for clients to heal as well as intervened in crisis situations

Sexual Assault Counselor

Rape Trauma Services - Burlingame (CA), USA

March 2012 - December 2012

Volunteered as a sexual assault counselor - Completed 70 hours of training - Provided support counseling on a 24-hour hotline - Delivered support counseling at the San Mateo General Hospital during post-assault medical examinations and accompanied survivors to police interviews, court, etc. - Delivered essential skills for crisis intervention and family support - Attended monthly support meetings and played a key role in the survivors healing process while gaining meaningful experience in human relations and social change

Marriage and Family Therapy Intern

Redwood Shores School District - Belmont (CA), USA

August 2011 - November 2011

Volunteered as a behavioral therapist for emotionally disturbed children in primary school ages 5-11 - Individual Behavior Therapy - Group Therapy - Created behavior plans using ABA techniques - Collected data to track progress - Attended and participated in all IEP meetings for my clients - Completed thorough psychosocial assessments, treatment plans, risk assessments, progress notes, and mental status exams for all my clients - Worked directly with child protective services to safeguard children from abuse - Trained parents, teachers and school staff to support kids with challenging behaviors - Crisis intervention / De-escalate

Marriage and Family Therapy Intern

Slate Canyon Youth Center - Provo (UT), USA

October 2010 - July 2011 (10 months)

Individual Therapy - Group Therapy - Family Therapy - Crisis Intervention / De-escalate - Anger management - Diagnosed clients using the DSM-IV - Completed thorough psychosocial assessments, treatment plans, risk assessments, progress notes, and mental status exams for all my clients - Created a positive environment for patients to heal as well as intervened in crisis situations - Assessed for suicide (when needed) - Worked directly with child protective services to safeguard children from abuse - Facilitated co-parenting classes Genesis

Residential Counsellor

Youth Center - Draper (UT), USA

August 2009 - October 2010

Advocated for high-risk adolescents in Juvenile Justice Services - Supervised residents' behavior on the milieu and in the community - Administered medications, conducted room searches, and created a safe environment - Assisted residents with school, work, and led group therapy discussions - Created a positive environment for patients to heal as well as intervened in crisis situations

Health Care Provider

Chrysalis Enterprise - Salt Lake City (UT), USA

June 2005 - May 2010

Provide in-home care for three male adolescents with autism - Assist clients with daily living skills - Create a safe and therapeutic environment for clients - Adhering to specialized behaviour plans - Document clients behaviors/incidents - Includes training in crisis intervention - Trained in ABA techniques

Psychiatric Technician

University of Utah Neurological Institute - Salt Lake City (UT), USA

March 2006 - October 2008

Assisted patients who suffer from psychiatric disorders - Implemented and lead therapeutic groups - Supervised and documented patient's behavior to create a safe and therapeutic environment - Created a positive environment for patients to heal as well as intervened in crisis situations