

Counselling Psychologist in training and Mental Health Support Practitioner with a postgraduate degree in psychology and a passion for improving lives through mental health interventions.

Education

2021 – 2023 **PsychD Counselling Psychology** University of Roehampton, London

Accredited by the British Psychological Society, giving Chartered status and eligibility for HCPC registration.

Modules: Professional Practise and Development, Person-centred and Experiential Theory and Practice, Inclusion Ethics and Social Justice, Assessment Formulation and Clinical Presentations, Research in Counselling Psychology, and Advanced Practice and Research.

Projects: During this doctorate, I will design conduct a large-scale qualitative study (IPA) to improve the efficacy of mental health interventions for the refugee population.

2020 – 2021 **MSc Psychology (conversion)** University of Glasgow, Scotland

Accredited by the British Psychological Society for Graduate Basis for Chartered Membership

Dissertation title: ‘Exploring the lived experience and psychosocial effects of being a refugee’. An Interpretative Phenomenological Analysis (IPA) study using primary data with a focus on identity and identity change.

Modules: Research methods, Social psychology, Clinical Health psychology, Cognitive psychology, Physiological psychology, Individual Differences, Professional Skills and Developmental Psychology.

Projects: I have designed and conducted large scale quantitative (analysis conducted in RStudio) and qualitative studies (IPA and thematic analysis) alongside conducting focus groups to collate primary data.

2020 – current date **DipCBT** The Glasgow Cognitive Therapy Centre
Cognitive Behavioural Therapist training course with therapeutic placement at the Golden Jubilee Hospital, Glasgow, Scotland.

2020 **Certificate in Counselling Skills (SCQF level 8)** The Centre of Therapy, Glasgow
Validated by Counselling and Psychotherapy in Scotland, this course offers an introduction to the skills of counselling.

Experience

April 2020 – present **Mental Health Support Practitioner** Carr Gomm, Drumchapel

Carr Gomm provides community support for adults with mental health issues in all aspects of their living and social needs.

- Create a trusting environment through listening and interpersonal skills,
- Encourage clients with obsessive-hoarding to declutter through supported behavioural activation,
- Liaise regularly with professionals such as Community Psychiatric Nurses and Social Workers to individualize service users support and achieve treatment outcomes,
- Advocacy tasks in assisting service users with appointments at the Department of Work and Pensions, Personal Independence Payment resulting in correct benefits and allowances,
- Record keeping and activity logs to ensure accuracy and maintain best practice,

- Research into community activities relevant to each service user to create better social integration.

April 2020 – present

Support Worker The Priory Group, Riddrie House

Riddrie House offers accommodation and rehabilitation for adults enduring mental illness, including schizophrenia, personality disorders, eating disorders, and suicidal feelings.

- Ensure service users have personal requirements met, including personal care such as: showering, continence care, dressing and personal appearance,
- Create activities for the service users such as baking, yoga, and games to reduce anxiety, depression, alongside improving self-esteem and cognitive function,
- Help clients set and achieve realistic goals to prepare for rehabilitation,
- Daily administration including updating support & care plans, medical charts and completing accurate daily notes in adherence with Care Quality Commission protocols.

2011 – 2020

Opera singer

Performing principal roles throughout Europe, contracts include: Teatro Real Madrid, Scottish Opera, Deutsche Oper Berlin, English National Opera, BBC Proms, Royal Opera House, Covent Garden and Salzburg Easter Festival.

- Collaborate with composers to create roles in world premieres,
- Constant networking and using contacts to generate work as a freelance artist, and maintaining existing relationships to ensure reemployment,
- Ambassadorial roles including radio, newspaper and television interviews,
- Managing a busy diary and organizing international travel arrangements.

2015-2017

Business Development Manager think global Milengo, Berlin
think global Milengo GmbH is one of the world's leading language service providers, enabling businesses to speak to customers in over 70 languages.

- Lead a full cycle E-commerce campaign acquiring new clients after 1 month of campaign launch,
- Conduct meetings and create presentations for major stakeholders at large retailers to create new business,
- Work with Head of Operations to determine pricing in accordance with gross margin calculations.

Previous education

2016 **Opera Europa Management Course** Intensive course on artistic programming and planning, HR structure and financial planning.

2011-2012 **MA (distinction)** Trinity St. David's University, Wales International Academy of Voice

2010=2011 **Advanced Vocational Training** The National Opera Studio

2007-2010 **Artist Diploma** The Royal College of Music

2006-2007 **Mmus** at the Guildhall School of Music and Drama

2002-2006 **BMus Hons Music (first class)** Guildhall School of Music and Drama

Additional skills

RStudio, PowerPoint, Excel, MS Office, Salesforce, Bullhorn, Toutapp, and full clean UK driving license.

Languages: English (mother tongue), French (conversational), German (appx. A2).