

# CHRISTINA MACLEOD

## Education

**Robert Gordon University, Applied Psychology Msc** - September 2020- November 2021  
**Robert Gordon University, Applied Social Sciences, First Class Honors degree**, and June Wells award for outstanding performance during hardship.

## RECENT WORK EXPERIENCE

November 2021-current	<b>The Private Therapy Clinic Assistant Psychologist and wellbeing practitioner, London</b> <ul style="list-style-type: none"><li>● Shadowed neuropsychologist during assessments and therapy sessions, which has been a tremendous opportunity to learn about symptoms of mental illness, learning disabilities and providing mental health treatment to an exceptional standard.</li><li>● Edited reports for neuropsychologist and child psychiatrists.</li><li>● Has been training in CBT weekly since January 2022.</li><li>● Wrote up formulations, screened clients, planned and advised on treatment.</li><li>● Managed communication on behalf of neuropsychologist - by corresponding with admin team and clients - explaining assessments, outcomes and dealing with complaints.</li></ul>
November 2022	<b>Tutor, Brighthouse</b> <ul style="list-style-type: none"><li>● Taught individuals (18-21 years old) with learning and mental health difficulties a level psychology in person and online.</li><li>● Developed clients study skills and supported their understanding of psychology concepts.</li><li>● Built rapport and adapted lessons to students' strengths - taking a collaborative approach to inspire and build their confidence.</li></ul>
September 2022-January 2023	<b>Partner Teacher and Behaviour Mentor, Colville Primary School, London</b> <ul style="list-style-type: none"><li>● Worked closely with children who are struggling with their learning and emotional well-being.</li><li>● Has training in using sensory circuits to support children's energy levels and regulation.</li><li>● Has practiced and been trained in play therapy approaches to support children's communication and social skills.</li><li>● Enjoys finding children's academic strengths and using their interests to make learning fun and find tailored approaches.</li><li>● Has written and implemented behaviour plans and worked in a multidisciplinary team.</li><li>● Motivates children by forming strong bonds, being consistent with boundaries, using rewards and increasing their self-esteem.</li><li>● Left role to find a role with more autonomy.</li></ul>

<p>December 2020 – December 2022</p>	<p><b>Nanny, London</b></p> <ul style="list-style-type: none"> <li>● Took care of children from ages 2- 15 years old</li> <li>● Supported children's social development by listening and reframing problems and helping them cope with emotions.</li> <li>● Supported family in managing challenging behaviour through therapeutically informed positive approaches.</li> <li>● Practiced setting boundaries and unconditional positive regard.</li> </ul>
<p>February 2019- July 2020</p>	<p><b>Counsellor, Childline</b></p> <ul style="list-style-type: none"> <li>● Provided telephone and chatroom counselling to children and young people up to the age of 19 years old.</li> <li>● Worked within a counselling framework, which emphasised the importance of building trusting relationships.</li> <li>● Practiced identifying needs, conveying unconditional positive regard, investigating the vulnerability and resilience of contacts.</li> <li>● Empowered contacts and supported ways of coping, managing feelings, rationalising and reframing problems, and finding solutions.</li> <li>● Provided and took constructive criticism with the Childline team.</li> <li>● Safe guarded and wrote up reports on every contact.</li> <li>● Left due to relocation.</li> </ul>
<p>February 2018-April 2019</p>	<p><b>Bank Staff - Treehouse Nursery (Aberdeen, Scotland)</b></p> <ul style="list-style-type: none"> <li>● Cared for children ages 3 months - 5 years old.</li> <li>● Worked as a versatile member of each nursery room, by taking initiative to understand the structure of the day, perform helpful tasks and regularly offer support to each team member.</li> <li>● Has learnt to identify and work depending on each child's developmental, behavioural and learning needs.</li> <li>● Managed behaviour and stimulated learning tailored to each individual child.</li> <li>● Safe guarded.</li> <li>● Stopped working due to COVID.</li> </ul>