**Ellie Katayoun: Trainee Counselling Psychologist**

**ACADEMIC QUALIFICATIONS**

**New School of Psychotherapy and Counselling (awarded by Middlesex University) Jan 2023 – Sep 2024**

MSc Psychotherapy Studies, Grade Pending (Predicted Distinction)

* Academic Component of UKCP accredited Practitioner Qualification in Existential Psychotherapy
* Modules: Overview of Research Methods, Development Across the lifespan, Social Cultural and Ethical Issues, Theories of Personality Change, Well-being, and Health Psychology, Existential and Humanistic Issues, Conflict Resolution.

**Queen Mary, University of London Sep 2013 – Jul 2016**

BSc Honours Psychology, 2.1

* Degree conferring Graduate Basis for Chartered membership of The British Psychological Society.
* Modules: Degree with emphasis on biology, neuroscience, research methods and data interpretation.

**CLINICAL EMPLOYMENT HISTORY**

**Ellern Mede Hospital Feb 2022 – Oct 2023**

Mental Health Support Worker (Healthcare Assistant)

* Setting: High-Dependency Unit Psychiatric Hospital for adults with Complex Eating Disorders and Comorbidities, serving NHS patients.
* Role and main duties: Providing therapeutic support to patients in crisis, holding one-to-one key sessions, supporting the wider nursing and psychology team in administering care plans, and working within a multidisciplinary team to support patients towards recovery.
* Training: ongoing in-house training including PMVA, Restraint, Level 3 Safeguarding.

**Nightingale Psychiatric Hospital London Oct 2021 – Current**

Bank Health Care Assistant (Mental Health Support Worker)

* Setting: Gained experience working across five different mental health acute wards; Male Gen Psych, Women’s Services, Addictions, Eating Disorders and OCD and related disorders services.
* Role and main duties: providing therapeutic support to patients in psychological distress, and supporting the wider nursing and psychology team in providing treatment to patients.

**VOLUNTEER EXPERIENCE**

**The Listening Place Jun 2023 – Sep 2024**

Face-To-Face Listening Volunteer

* Role and main duties: Providing fortnightly 50-minute face-to-face therapeutic listening sessions to clients referred from NHS crisis and mental health services for suicidality for a minimum of three months, conducting assessments, and signposting clients where necessary.
* Training: on-going in-house training on listening skills, mental health, and risk assessments.

**Dementia UK Mar 2022 – Aug 2023**

Telephone Befriending Volunteer

* Role and main duties: Providing emotional support to clients living with the onset of Alzheimer’s disease through weekly telephone calls, as well as monitoring clients’ well-being, and reporting any changes, deterioration in condition and safeguarding issues to senior team.
* Training: In-house training on telephone counselling skills, bereavement skills and Alzhiemer’s communication skills.

**RESEARCH AND TEACHING EXPERIENCE**

**International House London June 2020 – Sep 2020**

Teacher Trainee

* Role and main duties: Working part-time as a teacher trainee, creating tailored lesson plans to meet students’ needs, and teaching online English lessons to international students with mixed levels of English.

**Cogora Ltd Apr 2019 – Oct 2020**

Life Sciences Conference Producer (Pulse, NHS Primary Care)

* Setting: Pulse Learning and Pulse Live, two NHS Primary Care projects designed to support NHS GPs through free professional and educational large-scale CPD accredited conferences.
* Role and Main Duties: Primarily a content, research, and project management role, for which I conducted commercial research on clinical topics, identified and built rapport with KOLs and commissioning groups, created conference agendas and managed projects on-site.
* Key Accomplishment: due to nature of the role I was immersed in learning about NHS primary care, and created a ten-week conference to support GPs cope with the pandemic. This included topics on mental health, signposting, and a PCN conference exclusively for NHS leaders.

**Queen Mary University of London Oct 2015 – Dec 2015** QConsult Student Research Consultant

* Role and Duties: 3-month project, working within a team of five other undergraduate consultants, to conduct research on the use of anti-bodies in laboratories. Gathered and analysed data on the use of anti-bodies in laboratories, presented findings and designed effective strategies for improving anti-body use, and presented insights to client.
* Key accomplishments: Received a commendation for the most effective and insightful research out of competing consultancy groups.

**THERAPEUTIC SKILLS TRAINING & CERTIFICATIONS**

**Mind Jan 2024**

Applied Suicide Intervention Skills Training

* Training: Two-day training designed to build skills in working with service-users with suicidal presentations.

**The Listening Place May 2023 – Jun 2023**

Volunteer Listener Training

* Training: seven modules of in-person training designed to build therapeutic listening skills and work effectively with people experiencing suicidal ideation, in preparation for working with users of the service.

**Anna Freud National Centre for Children and Families Dec 2022 – Jan 2023**

Tier 4 In-Patient Eating Disorders Two-Day Training

* Training: Clinical training covering therapeutic skills, hospital care-pathways and practical skills training.

**Anna Freud National Centre for Children and Families Sep 2022 – Dec 2022**

Tier 4 In-Patient CAMHS CYP IAPT Ten Week Training

* 10-Core Training Modules: Attachment and Mentalization, Child development, Collaborative Practice with CYP & Parents and ROMs, Looked after CYP, Parenting, Physical Health, Psychopharmacology, Team Working and Therapeutic Milieu, Trauma-Informed Care, Autism Spectrum Conditions with Learning Disability Practical Applications.

**Confer Education Sep 2022 – Dec 2022**

Psychopathology: Theory and Practice

* Online 43-Hour CPD Course designed for trainee psychotherapists and mental health professionals at post-graduate level.
* Topics: Forensic Psychopathology, Psychosexual Disorders, The Traumatic Basis of Psychopathology, Phobias, Dissociative Disorders, Personality Disorders, Complex PTSD, and Neurodiversity.

**Metanoia Institute Jun 2022 – Sep 2022**

Foundation Certificate in Therapeutic Counselling Skills and Studies

* 10-week Training: Designed to provide the foundational knowledge, skills, and competencies to use therapeutic skills effectively in different settings.
* Counselling Approaches: covering major approaches including Cognitive Behavioural Therapy, Gestalt, Humanistic, Integrative approach, Person Centred approach, and Transactional Analysis.

**Ellern Mede Group Feb 2022**

Training for Tier-4 Healthcare Assistants

* Training: Two week full-time in-person training in preparation for working with psychiatric inpatients in HDU setting.
* Content: Suicide, working with self-harm, autism, complex eating disorders and PMVA (Restraint) training.

**Kings College London Jan 2022**

Integrating Care: Depression, Anxiety and Physical Illness

* Continued Professional Development Course: six-hour online course with certificate.

**University College London Jan 2022**

Childhood Adversity: The impact of Childhood Maltreatment on Mental Health

* Nine-hour online course on the impact of trauma on child trauma with certificate.

**University of Reading Jan 2022**

Understanding Anxiety, Depression and CBT

* Content: 15-Hour online course with certificate.

**St George, University of London Jan 2022**

Developing Clinical Empathy: Making a Difference in Patient Care

* Continued Professional Development Course: four-hour Online course on empathic skills with certificate.

**International House London Jun 2020 – Sep 2020**

Certificate in Teaching English to Speakers of Other Languages

* Level-5 Teaching Qualification: granted by Cambridge English, internationally recognised teaching qualification to work in a variety of English for Speakers of Other Languages (ESOL) teaching contexts.

**HOBBIES & INTERESTS**

**Travelling Sep 2016 - Feb 2019**

* Embarked on a long trip, travelling independently, and backpacking across Europe and Iran. I worked casual jobs and taught English to Iranian children and adults.

**SKILLS**

* **Languages**: Full Native proficiency in English and Persian.
* **Research**: SPSS Statistical Software Package, primary data collection, literature reviews, reporting to APA guidelines.
* **Teaching Qualification**: Level 5 Certificate in Teaching English to Speakers of Other Languages (CELTA).
* **License:** Full UK Driving License**.**