

KEY SKILLS

Active Listening

- Skilled in attentive and non-judgmental listening, ensuring clients feel heard and understood. Able to reflect and clarify clients' thoughts and emotions, fostering trust and therapeutic rapport.

Empathy

- Naturally empathetic with the ability to resonate deeply with clients' experiences. Able to create a safe environment where individuals feel validated, witnessed and supported in their process.

Communication

- Proficient in both verbal and non-verbal communication, drawing from training in body-based, trauma-informed care. Skilled at interpreting somatic cues and responding in ways that honour client boundaries and foster emotional regulation.

Ethical Practice

- Committed to practicing with integrity, confidentiality, and deep respect for clients' autonomy and lived experience

EDUCATION

Regents University London Sept 2024 - Present

MA in Psychotherapy and Counselling - Key Modules : Psychodynamic Psychotherapy, Humanistic and Integrative approaches to Psychotherapy, Existential Psychotherapy and Counselling. **University of Exeter** 2024

PGcert in Psychedelics: Mind, Medicine and Culture

The Minster Centre London 2023

Foundation Course in Integrative Psychotherapy

University of Plymouth 2020-2021

MSc Psychology – Distinction

University of Westminster London 2013-2017

BA Hons Fashion Business – First class

A-levels: English Literature, Psychology, Photography

GCSEs : 11 GCSEs A*-C including Math's, English, Science

Relevant Experience

Switchboard May 2025 - Present

LGBTQIA+ Support Line Volunteer – (currently in training)

- Provide non-judgmental and confidential support to LGBTQIA+ individuals addressing topics such as sexuality, gender identity, mental health, and relationships.
- Utilise active listening and effective communication skills to create a safe space for callers to express their concerns and explore options
- Engage in ongoing training and development opportunities to enhance understanding of issues affecting the LGBTQIA+ community and improve support strategies

Private Therapy Clinic Jan 2023 – Jan 2024

Honorary Assistant Psychologist

- Conducted 30-minute triage assessments with new clients, creating a safe and empathetic space for individuals to share personal and sensitive information.
- Matched clients with appropriate therapists by gathering detailed information and offering informed recommendations to clinical lead.
- Provided clear guidance to clients regarding therapy options, including CBT and psychodynamic approaches, ensuring they understood the pathways available to them.
- Maintained regular communication with existing clients to manage appointments, rescheduling sessions and addressing concerns with sensitivity and professionalism.

ZENDO – Burning Man August 2022/2023

Psychedelic Harm Reduction Volunteer

- Provided non-judgmental, compassionate support to individuals undergoing challenging psychedelic experiences using principles of harm reduction and peer support.
- Trained in psychedelic crisis response, emphasizing emotional safety, consent, and psychological containment.
- Developed skills in situational awareness, interpersonal regulation, and responding to acute emotional distress.

SHOUT Jan 2021 – Dec 2023

Crisis Text Line Volunteer

- Provided immediate, confidential support to individuals in crisis via text, using active listening and de-escalation techniques.
- Assessed risk levels and guided texters toward calmer emotional states and actionable next steps.
- Collaborated with shift supervisors for guidance on high-risk situations and reflective feedback post-shift.

Additional Training and Certifications

The Sovereignty Way - TSW January 2025 - ongoing

- Comprehensive training in body-based trauma resolution, integrating advances in interpersonal neurobiology therapy protocols, focusing on nervous system regulation, relational repair, and embodied healing practices.

Introduction to Somatic Experience – SOSI December 2024

- Training explored body-based approaches to trauma resolution, focusing on nervous system regulation and embodied awareness.

Introduction to IFS - IFSUK July 2024

- Training focused on a client-led framework grounded in systems theory and family therapy. Explored internal multiplicity, self-energy, and embodied approaches to trauma healing.

Compassionate Inquiry with Psychedelics - Kiyumi January -September 2023

- Completed in-depth training integrating Compassionate Inquiry with psychedelic-informed practice, focusing on trauma-sensitive approaches, somatic awareness, and relational attunement.

Hobbies & Interest

- **Art** – Regularly attend Jung Club Art- making group, National Art Pass holder
- **Dance** – Favourite classes being Gaga dance, Authentic Movement, Ecstatic Dance, 5Rhythms and Rambert Playground.
- **Archery** – Member of the London Archers Club
- **Neuroscience and Psychedelic Research** – Taken part in Clinical trials at Imperial College London and regularly attend talks at King’s and UCL.