

Trainee Counselling Psychologist with over 3 years of experience delivering 1:1 support to clients with complex and diverse needs, including low mood, anxiety, relationship difficulties, and various mental health difficulties. Experienced in multidisciplinary work across NHS and voluntary mental health sectors. Committed to client-centred practice and motivated by a strong passion for mental health, with a clear aspiration to build a career as a Counselling Psychologist.

W O R K

Community Link Worker (Sep 2023 - Oct 2024)

Community Liaison & Diversion Service

Together for Mental Wellbeing

- Delivered 1:1 support to 25+ service users, facilitating meaningful change in areas such as trauma, stress and anxiety (supporting re-entry into employment).
- Worked with service users within the criminal justice system, presenting with mental health conditions (Generalised Anxiety Disorder, Major Depressive Disorder, Borderline Personality Disorder, Schizophrenia) and neurodiversity (Autism, ADHD).
- Conducted formulations, developing tailored Risk Management Plans to promote client safety and well-being.
- Collaborated with NHS mental health teams, GPs, probation services, and charities to provide coordinated, trauma-informed care.
- Produced Client Safety and Support Plans using a trauma-informed approach.
- Actively engaged in 1:1 and group supervision, applying reflexivity to enhance practice.
- Appointed Women's Champion (Jun 2024 - Oct 2024), advocating for gender informed support and service improvement.

Nursery Teaching Assistant (Jul 2022 - Sep 2022)

Queensberry Nursery

- Maintained children's safeguarding and mental health monitoring.
- Supported children with neurodiversity needs (ADHD and ASD).
- Monitored development and recorded behaviour notes in children's diaries.

V O L U N T E E R I N G

Listening Volunteer (Oct 2022 - Oct 2023)

The Listening Place

- Provided emotional support to visitors with suicide ideations and had complex mental health needs.
- Attended training sessions in suicide awareness and engaged in supervision.

President of Psychology and Psychotherapy Council (May 2022 - May 2023)

Regent's University London

- Supported psychology and psychotherapy students.
- Facilitated trainings and workshops events to educate students on mental health, well-being, and stress.

Research Assistant (Apr 2021 - Jun 2021)

Mr. Henry Whitfield

- Recorded and analyzed qualitative data from 10 interviews for a large-scale study that aimed to find an alternative treatment for mental health disorders (e.g., depression, anxiety)

E D U C A T I O N

Sep 2025 - present

Professional Doctorate in Counselling Psychology (PsychD)

University of Roehampton London

Jan 2025- Mar 2025

Certificate in Therapeutic Skills and Studies

Metanoia Institute

Sep 2020 - May 2023

BSc (Hons) Psychology

Regent's University London

Sep 2017 - May 2021

Bachelor's Degree in Law

Yaroslav Mudryi National Law University (Kharkiv, Ukraine)

TRAINING COURSES

Motivational Interviewing Techniques Training 2024

Risk Management Training 2024

Trauma Informed Practice Training 2024

Safeguarding Adults and Children Training 2024

Formulation & Report Writing Training 2024

MEMBERSHIPS

BPS Graduate membership (GMBPsS)

Division of Counselling Psychology