

## Professional Standards and Ongoing Development

I'm committed to both professional excellence and personal growth, regularly updating my skills through accredited training, workshops, and independent study. As a registered member of the National Counselling and Psychotherapy Society (NCPS), I follow a strict ethical framework to ensure therapy is safe, respectful, and effective.

This ongoing development enables me to respond to the unique needs of each client, offering therapy that is grounded, thoughtful, and adaptable.

## Qualifications and Continued Training

- Professional Diploma in Psychotherapeutic Counselling Practice
- Diploma in Counselling Skills & Theory
- Diploma in Hypnotherapy and Introduction to Counselling Skills
- BSc (Hons) Open – including modules in Biological Psychology, Sociology, Biology, Microbiology, Clinical Anatomy with Prosections

## Further Training and Specialist Learning

- Mindfulness in Therapy
- Online and Telephone Counselling
- Anxiety Disorders, ADHD, and Recovery
- Transcendental Meditation
- Coaching Excellence
- The Journey and the Guide: A Practical Course in Enlightenment
- Supporting Patients and Their Families with Bereavement and Loss
- Sands Training: Working Integratively with Pregnancy and Baby Loss

## Mindfulness-Based Programmes (by invitation)

- Mindfulness-Based Cognitive Therapy (MBCT) – 8-week course
- Mindfulness-Based Wise Awareness – 8-week course

## Specialised Experience in Grief Counselling

During my 100-hour clinical placement at a local hospice, I gained hands-on experience supporting individuals through intense and overwhelming emotions linked to loss. I provided face-to-face, online, and telephone support to those processing grief related to the death of a loved one, as well as complex losses such as divorce, health changes, and major life transitions.

Grief is not just about loss—it involves the deep and often disruptive emotions that accompany it.

These emotions can echo many of the feelings people experience in counselling, such as:

- **Anticipatory Grief:** The fear and anxiety of what's to come, often intensifying existing worries or depression, as clients anticipate an impending loss.
- **Complicated Grief:** When grief feels unmanageable or unresolved, it can lead to anxiety, hopelessness, and difficulty moving forward—common themes for clients dealing with unresolved trauma or emotional blockages.
- **Emotional and Behavioural Responses:** Grief can amplify emotions like anger, guilt, and sadness, which often overlap with issues like stress, low self-esteem, or self-criticism that bring clients to therapy.
- **Adjustment and Resilience:** In the aftermath of loss, individuals may struggle to find meaning or re-establish balance, a journey that parallels the process of personal growth and rebuilding that many clients face in therapy.
- **Traumatic Grief:** Sudden, violent, or unexpected loss can overwhelm a person's emotional stability, triggering trauma responses that can manifest in anxiety, depression, and post-

traumatic stress—experiences often seen in clients seeking therapy for past trauma.

This experience deepened my understanding of how loss can affect not just one's emotional state but also their sense of self, relationships, and ability to function in daily life. The intensity of these emotions often reflects the struggles people face when dealing with anxiety, depression, relationship difficulties, or unresolved trauma. Through grief counselling, I've developed the skills to support clients in navigating not just the pain of loss but also the emotions that underpin many of the challenges people seek therapy for.