



Rickiesha

CHILDREN AND YOUNG PEOPLE'S COUNSELLOR

YOUTHFUL • RELATABLE • AUTHENTIC • COLLABORATIVE

EDUCATION & QUALIFICATIONS

- Senior Mental Health Lead
- MSc Integrative Counselling Children and Young People, University of Northampton
- Counselling Skills and Theory, Level 3
- Understanding Children and Young People's Mental Health, Level 2
- Counselling Skills, Level 2
- Understanding Anxiety in Teenagers, Certificate
- Suicide Awareness, Certificate

EXPERTISE

- Anger
- Anxiety
- Low mood
- Safety
- Relationships
- Abuse
- Change
- Loneliness
- Confidence
- Self-harm
- Suicidal thoughts
- Young Peoples Counselling
- Bereavement
- Loss
- Current/Recent events
- Past events
- Stress
- CBT
- Humanistic
- Integrative
- Person-centered
- Play therapy
- Sand play

SAFETY CHECKS

- BACP Registered Member
- Advanced Safeguarding Children and Young People, Certificate

PERSONAL EXPERIENCE

- Lead Pastoral Counsellor and Senior Mental Health Lead, managing in-school counselling service, including overseeing counselling and safeguarding referrals, allocating cases within the team and line-managing a team of Mental Health and Child Protection Professionals.
- Safeguarding Officer and Deputy Designated Safeguarding Lead - identifying, and supporting vulnerable and at-risk students and their parents/carers.
- Deputy Head of Sixth Form. Education Welfare Officer.

