



# Collette

## COUNSELLOR

CALM • COLLABORATIVE • SENSITIVE • WARM

### EDUCATION & QUALIFICATIONS

- MSc Postgraduate Degree in Psychodynamic Counselling and Psychotherapy – currently studying
- BSc (Hons) Degree in Integrative Counselling
- Introduction in Psychodynamic Counselling, Certificate
- Diploma in Black Psychology and African Centred Therapy, Diploma
- Independent Domestic Violence Advisor, Safer Lives (ONC) Qualification
- Mental Health Awareness for Support Planning Young People
- Victim support core training, Sexual Violence and Domestic Violence
- Equality and Diversity
- First aid Mental Health Awareness Training
- Child Protection
- Mindfulness
- Member of the British Association of Counselling and Psychotherapy (BACP).
- Member of the Black African and Asian Therapeutic Network (BAATN).
- Accredited Member of the National Counselling Society (NCS)

### EXPERTISE

- Anger
- Anxiety,
- Depression
- Low mood
- Family
- Relationships
- Abuse
- Change
- Loneliness
- Menopause
- Work Issues
- Suicidal thoughts
- Older Peoples counselling
- Bereavement
- Loss
- PTSD
- Current/Recent Events
- Past Events
- Stress
- Attachment-based
- CBT
- Compassion focused
- Creative therapy
- Integrative
- Mindfulness-Based
- Motivational Interviewing
- Multicultural
- Person-centred
- Psychodynamic
- Trauma focused

### SAFETY CHECKS

- Enhanced DBS

### PERSONAL EXPERIENCE

- Over 20 years of social care experience of which 11 years were practiced as an Independent Domestic Abuse Advisor, working with survivors of sexual and domestic abuse.
- Counsellor providing short-term therapeutic sessions to Black African/Black Caribbean residents, utilising integrative as well as African centred therapeutic approaches to engage with the client to facilitate their understanding and awareness of the presenting issues.
- Support worker, providing support and advocacy for women and their families coming from Refuges to live independently.
- Freelance therapist providing therapy for clients who have been affected by the George Floyd case and of whom are being subjected to racism, oppression, discrimination but also covering topics such as confidence, sexual identity, anxiety and self esteem.

