Rebecca Walker

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# PERSONAL PROFILE

Reflexive, creative and inclusive practitioner with over twenty years of experience in various roles supporting people navigating emotionally challenging life events. I am experienced in working with individuals and groups using a range of approaches, including Participatory Photography.

Inquisitive about human nature and relationships and completing my final year of a Masters in Psychotherapy and Counselling (BACP accredited) at the University of Leeds. Having recently completed a Postgraduate diploma in psychotherapy, I am enjoying the challenge of discovering my “way of being” as a relational integrative psychotherapist and, motivated by my passion for social justice, am excited about finding ways to make therapy more widely available and accessible.

# PROFESSIONAL EXPERIENCE

* Associate Counsellor, Greenhead College, Huddersfield. May 2022 – Present. Provision of short-term counselling to students age 16-19 across a range of issues.
* Community Assessor (casual contract). South Yorkshire Police. November 2020 - Present. Trained in face-to-face recruitment interviewing and involved in assessment of candidate performance in online assessment centres.
* Counselling Placement, The Snowdrop Project, Sheffield. April 2021 – October 2022. This role involved short, medium and long-term counselling of survivors of trafficking who had experienced/were experiencing complex trauma. I gained experience of working with interpreters in this role.
* Counselling Placement, Place2Be. October 2021 – January 2022. This role involved working creatively with primary age children, on a 1 to 1 basis, in a child-centred way underpinned by person-centred, psychodynamic, and systemic approaches.
* Cohort Student Representative (Year 1), University of Leeds. September 2020 – September 2021. Point of liaison between students and teaching staff. Collating, preparing and disseminating cohort feedback reports for the Psychotherapy Programme Management Group.
* Probation Officer, National Probation Service, Sheffield. October 2003 – October 2020.

Varied role which included:

- Assessing the risk of serious harm (to self and others) and risk of re-offending posed by individuals with a diverse range of complex emotional, social and cultural needs

- Report writing

- Responsibility for convening multi-agency risk assessment and intervention planning meetings (MAPPA)

- Planning and evaluating interventions and coordinating/managing inter-agency working to ensure successful implementation

- Contributing to external agency care plans (including within mental health service provision)

- Accurate and timely record keeping using several IT databases

- Trained to deliver individual and group interventions.

In this role, reflexive practice was integral for maintaining anti-discriminatory, ethical practice and proportionate, defensible decision making, particularly in emotionally demanding situations.

I completed specialist training for interventions with perpetrators of domestic abuse, men who have committed sexual offences and personality disorders. I was also committed to developing novel ways of engaging service users effectively. For example, I co- developed a participatory photography group (and subsequent exhibition) with service users to explore their experiences of "success and moving on".

* Advice Worker (volunteer), Citizens’ Advice Bureau, Peterborough. September 2001 – August 2002

I advised in the CAB’s main areas of advice work including Employment, Family and Personal, Housing, Immigration, Consumer, Debt and Welfare Benefits. I completed the NACAB training course in interviewing skills and subsequently attended further specialist courses to extend my skills and knowledge in benefits advice. Working at the CAB enabled me to develop insight into the diversity of needs and challenges faced by people from a variety of communities.

* Victim Support Listener/Advisor (volunteer), Victim Support, Peterborough. June 2001 – August 2002

Trained to support victims of crime, who were often in a state of distress, through emotionally responsive listening. In this role, I learned much about the needs of victims from diverse backgrounds, developed my interpersonal skills and expanded my knowledge of inter-agency working.

# EDUCATION & TRAINING

January 2023. MindED eLearning: **Eating Disorders in Young People**.

December 2022. **Postgraduate Diploma in Psychotherapy and Counselling.** University of Leeds.

June 2022. **Mental Health and Multilingualism.** The Pasalo Project.

March 2022. MindED eLearning. **Safeguarding**

**Counselling in Universities and Colleges**

**Key Differences between Counselling Adults and Children/Young People**

**Cultural Competence in Counselling**

October 2021. **Place 2 Be** **Counsellor on placement induction and safeguarding training.**

June 2021. **Adult Safeguarding Awareness Training.** Sheffield Adult Safeguarding Partnership.

June 2021. **Workshop in Understanding Developmental Trauma and Trauma skills in Counselling.** Snowdrop Project (3 days).

January 2021. **Counselling online or by telephone**. University of Leeds.

November 2020. **Creatively Connecting to your Inner Child**. Online Events (online workshop).

May 2019. **PhotoVoice.** 3-day participatory photography training course. PhotoVoice, London.

September 2017. **Developing psychologically informed case formulation with high-risk offenders** (30 credit module). First class mark. The Open University.

October 2005.  **BA Honours (Class one) Community Justice (Probation). NVQ Level 4 Community Justice (Working with Offending Behaviour). Diploma in Probation Studies**. Sheffield Hallam University.

2003-2020 . Various classroom based and online professional development and mandatory training completed as relevant to role including regular completion of relevant safeguarding training (children, adults, Prevent).

October 2003. **BA Honours (Class one) Law and Criminology**. The University of Sheffield.