

Laura Thomas MBPsS

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Personal Profile

Keen interest in the development and emotional wellbeing of children, young people and adults with an ambition to move into a therapeutic role. Adopting a person-centre approach, I am currently a trainee counsellor in a local Upper School and volunteer counsellor in a domestic violence charity. Looking for similar roles to expand my knowledge and skills.

Key skills :

- Supportive team player.
- Effective communication skills with children, young people, parents and professionals.
- Able to organise and prioritise a demanding case load.
- Theoretical understanding of Social, Emotional and Behavioural Difficulties / Mental Health.
- Competent in implementing theory into practice to improve life outcomes.

EMPLOYMENT HISTORY

WOOTTON ACADEMY TRUST PASTORAL AND INCLUSION OFFICER
Bedfordshire April 2015 - present

Improving the well-being for 13-16-year old's

- Strategic lead on development and implementation of the attendance and behaviour policy and procedures.
- Operational Lead for Young Carers.
- Direct work with pupils adopting cognitive behavioural and solution focused approaches.
- Consulting and advising teachers to remove barriers to learning and development.
- Working closely with families to ensure needs are met and relationships are maintained. Signposting and referring when required.

NATIONAL AUTISTIC SOCIETY SENIOR PRACTITIONER
Radlett, Hertfordshire May 2014 – April 2015

Providing educational support and care to autistic children aged 4-19 within a residential school

- Supporting the growth and development of young people with autism through individual development plans.
- Creating and delivering training packages for colleagues.
- As a manager, offering regular supervision to the team, fundamental when supporting challenging behaviour to maintain wellbeing and moral amongst the team.
- Trained in TEACCH and SPELL.

MILTON KEYNES COUNCIL CHILDREN AND FAMILY PRACTITONER (LEVEL 3)
Buckinghamshire January 2013 – May 2014

Early help intervention for children and families

- Supporting practitioners with the CAF/EHA process.
- Delivering interventions to children and families to preclude social care intervention.
- Working closely with the social care team and engaging with families often in crisis.
- Offering a strategic level to support agencies to develop policies to comply with legislation relating to integrated working agenda.
- Working alongside Educational Psychologists, specialist teachers and social services

Qualifications

M.Ed Social, Emotional and Behavioural Difficulties

BSc (Hons) Psychology

Level 4 Diploma
Therapeutic
Counselling
(completion 2019)

Professional Membership

Graduate member of
the British
Psychological Society

Division of Educational
& Child Psychology
(BPS)

British Association for
Counselling and
Psychotherapy (BACP)

ALDWYCK HOUSING ASSOCIATION SENIOR FLOATING SUPPORT OFFICER
North Hertfordshire October 2010 – January 2013

Supporting 16-25 year olds in maintaining tenancies and accessing employment or training (in association with Herts Young Homeless)

- Assisting care leavers to set up their own tenancies and promoting independence.
- Using motivational interviewing techniques to overcome hostility towards professional involvement which was often felt.
- Identifying mental health concerns such as anxiety, depression and self-harm during assessment and ensuring relevant referrals were made.
- Becoming a mentor for young woman adopting CBT and solution focus techniques to improve wellbeing.

DSB Enhanced

Access to a car with a full, clean driving license

First Aider

Staff Governor

COMMUNITY SERVICE VOLUNTEERS Youth Volunteer Coordinator involved / Yu-Act
Bedfordshire November 2005 – October 2010

Engaging 16-25 young people in volunteering projects to enhance employability and avoid NEET

- Delivering presentations and group work on benefits of volunteering.
- Interviewing and matching young people with suitable placements.
- Developing Yu-Act to engage young offenders into one – off volunteer projects to motivate and encourage ongoing training.
- Negotiating contracts and funding to roll Yu-Act to neighbouring areas.
- Accredited to deliver the ASDAN award.

ALDWYCK HOUSING ASSOCIATION Support Worker
Bedfordshire October 2003 – November 2005

Supportive living scheme for young adults with mild learning disabilities and challenging behaviours

- Supporting independent living.
- Encouraging a humanistic model of managing behaviour rather than a medical intervention.

ACADEMIC HISTORY

Level 4 Diploma in Therapeutic Counselling	2018-2019	ICT
M.Ed. Social, Emotional and Behavioural Difficulties	2014-2017	University of Birmingham
B.Sc. (Hons) Psychology	2000-2003	University of Northampton
Specialist Leader in Behaviour and Attendance	2016-2017	(PSLBA) Bedford Borough Council
First Aid at Work	2015	St Johns Ambulance
NVQ 4 Working with Families with Multiple Needs	2014	Peninsular Training
QCF 3 Children and Young People	2014	Auroa Training
Diploma Level 3 Educational Psychology	2013	Distant Learning Centre
Solution Focused Techniques	2013	Solution Focus
Protective Behaviours Foundation	2013	Protective Behaviours UK

COMPUTER SKILLS

Competent in Office: Outlook, Word, Excel and PowerPoint
Proficient in analysing data and interpreting themes

REFERENCES

Academic and Employment references available on request