

Karl Grey

Counsellor

AREAS OF EXPERTISE

Lift Industry

Personal therapy

Trauma counselling

Post traumatic Stress Disorder

Spirituality

Active listening

PROFESSIONAL

BACP registered 719671

PERSONAL SKILLS

Listening skills

Reliability

Friendly

PERSONAL DETAILS



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Nationality: British

PERSONAL SUMMARY

A hardworking, conscientious and caring counsellor with extensive knowledge and offering support, rehabilitation and guidance to clients who have experienced trauma or hardship. Having a proven ability to empathise with individuals whilst retaining an objective and realistic approach to their treatment and therapy, setting goals and monitoring progress. Comfortable working and communicating with people from all backgrounds.

WORK EXPERIENCE

Wellens Funeral Directors, Middleton, Manchester

TRAINEE COUNSELLOR May 2010 – December 2013

Provided counselling sessions for clients experiencing a loss of relatives and friends.

Counselling & Family Centre, Altrincham

TRAINEE COUNSELLOR October 2012 – August 2013

Provided counselling sessions for clients experiencing a wide range of issues. Worked with CORE assessment method.

Private Practice, Sandbach

COUNSELLOR August 2014 – February 2020

Private Practice, Haslington

COUNSELLOR February 2020 - Present

Provide counselling sessions for clients experiencing a wide range of issues working from my home or travel to clients.

Duties:

- Listening to an individual's problems and empathising with them.
- Carrying out therapeutic assessments on vulnerable clients.
- Establishing trust and a bond with clients.
- Developing suitable treatment plans, goals and aspirations and implementing them.
- Identify problems quickly, explaining it to a client & then collaborating a solution.
- Counselling clients with mental health issues.
- Monitoring a client's response to counselling, looking for signs of improvement.
- Maintaining clinical records & providing verbal & written reports on cases.
- Attending training days for ongoing professional development.

KEY SKILLS AND COMPETENCIES

- Patience and having a calm manner.
- Experience of working with elderly persons and vulnerable adults.
- Having a mature attitude and personality.
- Having an Egan three step approach towards counselling, with Person Centred, CBT, Brief Therapy and using various other methodologies i.e. T.A, Gestalt, Psychodynamic.
- Ability to quickly analyse complex problems & negotiate with thirds parties.
- Aware of policies and procedures, CORE, equal opportunities, child protection, risk assessment, confidentiality etc.

ACADEMIC QUALIFICATIONS AND CPD

Diploma in Therapeutic Counselling

Stockport College 2010 – 2013

Clinical Supervision 2021

Various Workshops and courses attended and certificates awarded covering CBT, T.A, Psychodynamic, Psychosynthesis, Focusing, Spirituality, etc. Ongoing CPD