



ABN 90 881 602 269

## **Creative Counselling & Coaching**

*Exploring Authentic Positive Pathways Forward*

**Gregory Jones BCounsCo**

*Counsellor & Coach PACFA Reg. Provisional 25866*

0499 619 143 / creativecounsellingcoaching@outlook.com

## **Counsellor Supplementary Qualifications & Experiences**

### **Gregory John Jones**

PACFA Certified Practising Mental Health Counsellor, Life Coach (including EAP) & NDIS Support Worker with solid industry experience which also includes community team building, leadership, coaching and mentoring others. Highly developed empathic communication and interpersonal skills such as:

- Establishing rapport
- Active listening
- Paraphrasing
- Questioning
- Problem solving
- Reflecting
- Summarising
- Focusing

Enthusiastic, confident, mature and positive with an excellent track record of success in all roles undertaken to date. Effective team leader and project coordinator.

### **Education**

#### **Bachelor of Counselling (Coaching)**

**2015 - 2019**

Australian College of Applied Psychology QLD – Graduated July 9<sup>th</sup>, 2019

Grade point average – 6.04

Key Units completed include:

- Counselling Theories 1 and 2
- Conflict Management
- Social, Legal and Ethical Issues
- Psychology Health & Wellness
- Alcohol and Other Drugs
- Advanced Positive Psychology
- Advanced Counselling Skills
- Group Work

#### **Certificate IV in Community Services**

**2013**

Western Sydney Institute Nirimba Campus TAFE NSW

Credit average - Distinction

Key Units completed include:

- Identify and respond to children and young people at risk
- Maintain an effective work environment
- Work effectively with culturally diverse clients and co-workers
- Work within a community development framework

- Respond holistically to client issues and refer appropriately
- Use targeted communication skills to build relationships
- Work within a relevant legal and ethical framework

### **Certificate IV in Assessment and Workplace Training**

**2003**

Bremer Institute of TAFE QLD

Credit average - Distinction

Key Units completed:

- Train small groups
- Plan & promote a training program
- Plan a series of training sessions
- Deliver training sessions
- Review training
- Plan assessment
- Conduct assessment
- Review assessment

### **Counselling Training Certificates**

Recent Continuing Professional Development (CPD) includes 'LGBTQIA+ Suicide Prevention' (March 2022), 'Family Therapy in Practice' (March 2022), 'CBT for Anxiety' (February 2022), 'Gottman's Model of Repair in Relationships' (July 2021), 'Complex Trauma Key Points' (June 2021), 'Anger Management Strategies' (March 2021), 'Grieving Loss Mindfully' (December 2020), 'Working with Families during Coronavirus' (April 2020), 'Responding to the needs of a person presenting with suicidality' (March 2020), 'Infant and Child Mental Health' (February 2020), 'Humour & Therapy' (March 2019), 'Storytelling in Therapy' (October 2018)

Raise Youth Mentor Training Certificate

**Mar 2017**

Nationally recognised and non-accredited youth mentor support training in association with mentoring programs for young people at risk of disengagement in Australian high schools and the community.

(14 hours)

### **Key Achievements**

- Designed, developed and led the Kingswood Park Project 'Festival of Opportunities' as the major student assessment activity for Certificate IV in Community Services (2013). This was a pro-active culturally inclusive, community-based project aimed to engage public school youth living in a low socio-economic environment opportunity to express their creativity in a talent show, which also raised money for dancing shoes needed by the school and increased awareness of local services in the area. This event was declared a strong success by the local MP, the school principal and the surveyed community.

## Relevant Volunteering Experience

- Aftercare Kippa-Ring 2018 – 2019
  - Student Placement including face-to-face counselling, community networking and mental health support group facilitation. Current facilitator of the Peninsula Pride Support Group (LGBTIQPA+) and peer support volunteer for Music & Coffee (weekly drop-in program)
- Yeronga State High Youth Mentor Program (Raise) 2017 – 2018
  - Positive change support through relationships based on trust, kindness and confidence.
- Volunteer outreach worker – QLD Aids Council (QuAC) 2015 – 2016
  - Delivery of sexual health information to public at community venues and conferences, informal counselling, fundraiser setup, ticket sales, cash handling and reconciliation, bump out.
- Volunteer – Diversity QLD (Trans Support Group) 2015 – 2016
  - Event assistance, informal counselling and fundraising support.
- Volunteer Laura Street Festival Brisbane 2015
  - Events assistance, stall setup, community networking and support.
- Volunteer Kingswood Park Project (Nirimba TAFE) 2013
  - Advocating for disadvantaged youth, networking, negotiating and advising stakeholders, promoting community values and inclusiveness.
- Volunteer Community Theatre – Arkadian Bilpin Performers, Sandgate Theatre Inc. & Mousetrap Theatre Inc. 2007 – 2019
  - Non-profit community services (entertainment-based) committee facilitating discussions and debates, networking, publicity and marketing, coaching and mentoring, sound and lighting operations, stage management, directing and acting.

## Career History

### **Creative Counselling & Coaching**

**Jun 2019 – current**

Redcliffe QLD

Creative Counselling & Coaching provides high quality private counselling, coaching (EAP) and mental health support services for all individuals from all backgrounds with the focus to help individuals heal, energize, and become aware of their inner values, strengths and management styles through an eclectic range of creatively expressive therapeutic modalities and positive psychology approaches.

### **Counsellor, Coach & Mental Health Support Worker (sole trader)**

Responsibilities

- Planning and facilitation of professional evidence-based mental health support services which includes capacity skill-building for clients including

self-managed NDIS recipients through outreach, online and telephone delivery services.

- Client assessment, case conceptualisation, data entry and database maintenance with regular reporting to clinical supervisor.

#### Achievements

- Acknowledged by clients for my holistic approaches to their wellbeing and effectiveness in creating rapport and empowerment through unconditional positive regard and supportive reinforcement.

### **Morayfield Psychology Centre**

**Mar 2019 – Jun 2019**

Morayfield QLD

Morayfield Psychology Centre provides high quality and affordable psychology assessments and treatments to individuals and families located in Caboolture South.

### **Mental Health Support Worker (short-term contract)**

#### Responsibilities

- National Psychosocial Support (NPS) and capacity skill-building for clients both in office and through outreach services who are based in Caboolture, Morayfield and Redcliffe.
- Client assessment, case conceptualisation, data entry and database maintenance with regular reporting to agency supervisor.

#### Achievements

- Acknowledged by management for my generous spirit, strong work ethic and reliability with comprehensive reporting.
- Acknowledged by clients for my holistic approaches to their wellbeing and effectiveness in creating rapport through unconditional positive regard.

## **Additional Relevant Qualifications**

- Working With Children Check Positive Notice (Business Blue Card)  
- Reg. 1282794 / 3 Current (exp. July 2023)
- NDIS Workers Screening Check