

Counselling Service

Profile - Radka Kozielova MBACP

EXPERIENCE

I began working as a counsellor in 2006 and have delivered counselling, supervised in counselling with clients with a variety of needs, including diagnosed mental health problems.

This work has been gained via GP or self-referral and has included coping with bereavements, relationship problems, work problems, addiction, anxiety, phobias, couple counselling and counselling adult survivors of abuse.

I have been used as an expert by ITV's Jeremy Kyle Show.

The bulk of my work is performed on a one to one basis and revolves around problem identification, coping strategies, and developing resolutions.

I have a broad knowledge and understanding of working with various challenging client groups.

For example - children and adolescents with various needs, people with drug and alcohol use issues, mental health problems and learning disabilities, including offending histories. I am competent at working with vulnerable people who are at increased risk of being victims of crime, domestic violence, burglary, physical or sexual assault.

- Since 2006 I have worked as a volunteer for Rape Crisis and I currently support women who have been assaulted sexually. My work with Victim Support involves working with families, including children, usually in their own homes.
- Since 2005 I have worked for Victim Support on a voluntary basis and I am currently supporting victims of crime, such as domestic violence, burglary, and physical and sexual assault.
- Since 2004 I have worked as a residential care worker with 12 -18 year old young people whose needs relate to drug/alcohol use or self-injurious behaviour. Both of these posts have involved working with individuals and facilitating a variety of groups. These posts have also included direct contact with carers and families, including accompanying clients on visits to their family homes.

In addition to these posts I regularly work for an agency providing social and health care. This has included working in a young dementia unit, hospices and palliative care for working age and older adults. I have several years of experience of providing care to young people, working age adults and older adults, male and female, with a range of abilities and various social and healthcare needs, in residential and hospital settings.

Central to this work has been the ability to relate well to people, develop good working relationships with them and to be able to communicate clearly. I have worked in settings which are frequently stressful and challenging and I have dealt with verbal abuse, aggression and hostility on a regular basis. These posts have utilised my skills in counselling, problem resolution, and anxiety management.

Since 2001 I have been employed in a residential hospital unit working as a member of a multidisciplinary team to provide quality care to adults with learning disabilities, challenging behaviour, and complex needs.

PROFESSIONAL QUALIFICATIONS

My qualifications in counselling and professional care.

Level 4 Therapeutic *Integrative* Counselling (CPCAB)

Level 3 Counselling Studies Counselling and Psychotherapy Central Awarding Body (CPCAB)

Diploma Level 4 in Counselling

Diplomas in Child Psychology, Child Day Care and Counselling

NVQ Level 2 in Care

Further qualifications:

- 1) Dealing with aggression
- 2) Understanding the mental health continuum from stress to psychosis
- 3) How to do effective counselling working from the human givens
- 4) Code of practice in health care
- 5) Code of practice and section 17 MHA 1983
- 6) Protection of vulnerable adults
- 7) Child protection
- 8) Developing life skills 4-11
- 9) Developing life skills 12-18
- 10) Young people and alcohol
- 11) Developing capacity to respond to drug-related incidents
- 12) Drug use and mental health
- 13) Drug use, crime and homelessness
- 14) Understanding young people's vulnerability
- 15) Young people, tobacco and smoking cessation
- 16) Screening, assessment and referral
- 17) Drug use and sexual behaviour
- 18) Enabling change in young people's drug use
- 19) Basic course in drug awareness
- 20) Working with children of drug misusing families

- 21) Supporting young people at risk
- 22) Challenging behaviour level 4
- 23) Dementia and learning disability
- 24) Care of the dying patient and family in the last few days of life
- 25) Holistic assessment in palliative care
- 26) The management of Lymphoedema
- 27) Communication in Palliative Care
- 28) The concept of total pain
- 29) Bereavement and family support
- 30) Talking to children about illness and death
- 31) Conflict management
- 32) Families and funerals
- 33) Symptom management in palliative care
- 34) Challenges in pain management
- 35) Breaking bad news
- 36) Developing counselling skills
- 37) Homophobic and transphobic awareness
- 38) Deprivation of Liberty safeguards
- 39) Mental capacity
- 40) HIV/STI awareness
- 41) Culture shock - Cultural Fusion
- 42) A theory of methods - an integrative approach
- 43) Sex and sexuality
- 44) Binge eating
- 45) Self harm
- 46) Client assessment
- 47) Clinical supervision

- 48) Eating disorders
- 49) Sibling rivalry and attachments
- 50) Anxiety and depression
- 51) Anger, frustration and aggression
- 52) Death, dying and bereavement
- 53) The child within
- 54) Sexuality, sexual disorders and sexual abuse
- 55) Personality and personality disorders
- 56) Sleeping and dreaming
- 57) Addiction 'I can handle it'
- 58) Jung and the shadow
- 59) Hanging on for dear life: an experience of intrauterine catastrophe
- 60) Domestic violence
- 61) Victim of sexual violence