

# Gary White

## Counsellor

### AREAS OF EXPERTISE

*Personal therapy*

*Facilitating therapy groups*

*Trauma counselling*

*Sexual abuse victims*

*Post traumatic Stress  
Disorder*

*Marriage counselling*

*Interviewing*

*Active listening*

### PROFESSIONAL

*BACP accredited*

*British Psychological  
Society membership*

### PERSONAL SKILLS

*Listening skills*

*Reliability*

*Friendly*

### PERSONAL DETAILS

*Gary White  
34 Anywhere Road  
Coventry  
CV6 7RF*

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*M: 0887 222 9999*

*E: [gary.w@dayjob.co.uk](mailto:gary.w@dayjob.co.uk)*

*DOB: 12/09/1985*

*Driving license: Yes*

*Nationality: British*

### PERSONAL SUMMARY

A hardworking, conscientious and caring counsellor with extensive knowledge of offering advice, 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. Comfortable working and communicating with people from all backgrounds and having experience of trauma, abuse, addiction, depression, marital difficulties and child-parent conflicts.

Keen to find a challenging position within an ambitious organisation where I will be able to continue to increase my work experience & develop my abilities.

### WORK EXPERIENCE

#### *Social Service Department – Coventry*

COUNSELLOR June 2008 - Present

Provide comprehensive assessments of clients on which to base appropriate counselling interventions, or to make recommendations for referral to other healthcare professionals.

#### *Duties:*

- Listening to a individuals problems and empathising with them.
- Carrying out complex therapeutic assessments on vulnerable service users.
- Establishing trust and a bond with clients.
- Developing suitable treatment plans and implementing them.
- Meeting with a clients family, social worker and GP to exchange information.
- Identify problems quickly, explaining it to a client & then finding a solution.
- Counselling clients with mental health issues & drug and alcohol addiction.
- Referring clients to other healthcare professionals, when appropriate.
- Monitoring a clients response to counselling, looking for signs of improvement.
- Maintaining clinical records & providing verbal & written reports on cases.
- Interviewing, observing and testing clients to get information about them.
- Attending training days for ongoing professional development.
- Involved with the mentoring and support of a group of 40 volunteers.

### KEY SKILLS AND COMPETENCIES

- Patience and having a calm manner.
- Experience of working with young people and vulnerable adults.
- Having a mature attitude and personality.
- Having a person centred approach towards counselling.
- Ability to quickly analyse complex problems & negotiate with thirds parties.
- Aware of policies and procedures regarding equal opportunities, child protection, risk assessment, confidentiality etc.

### ACADEMIC QUALIFICATIONS

Professional Diploma in Therapeutic Counselling

*Nuneaton University 2005 - 2008*

A levels: Maths (A) English (B) Technology (B) Science (C)

*Coventry Central College 2003 - 2005*

REFERENCES – Available on request.

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