

ETHAN CRESSWELL

School Counselor

17 Llandaff Road, Cardiff, CF11 9NR ethan.cresswell@gmail.com +44 7912 637 104

March 23, 2026

Gareth Lloyd
Whitchurch High School

Dear Gareth,

I am writing regarding the School Counsellor vacancy at Whitchurch High School, which I saw listed on the Cardiff Council jobs portal. I have been working as a school counsellor at Cathays High School since January 2025, carrying a caseload of 14 students and running a Year 9 anxiety management group where 5 out of 6 participants showed measurable reductions on the RCADS scale after 8 sessions. Whitchurch's size and its emphasis on whole-school mental health provision would let me build on that work at a larger scale.

My background combines a BSc in Psychology from Cardiff University with a Level 4 Diploma in Therapeutic Counselling from Cardiff and Vale College, including 100 hours of supervised placement at Fitzalan High School. I use person-centred and CBT-informed approaches, and I am a registered member of the BACP. At Cathays, I created a self-referral system that increased student-initiated referrals by 40% in the first term, and I attend weekly safeguarding meetings with the DSL and pastoral team. I am also a trained Safeguarding Children Level 2 practitioner and volunteer on the Meic youth helpline, where I handled over 150 contacts last year.

I would welcome the opportunity to discuss how my clinical experience and group facilitation skills could support the wellbeing programme at Whitchurch. I am available for interview at your convenience.

Yours sincerely,

Ethan Cresswell