

Naomi Griffiths

Junior School Counsellor

Psychology graduate and qualified counsellor (Level 4 Diploma in Therapeutic Counselling, BACP registered training) with **over 100 supervised client hours** across secondary school and charity settings. Experienced in person-centred and integrative approaches, working therapeutically with young people aged 11 to 18 presenting with anxiety, bereavement, self-harm, and family difficulties. Confident managing safeguarding disclosures, working alongside pastoral teams, and maintaining ethical boundaries. Enhanced DBS checked and Safeguarding Level 3 trained.

SKILLS

Person-Centred Counselling • Integrative Therapeutic Approaches • Working with Young People (11 to 18) • Safeguarding Disclosures and Referrals • Bereavement and Loss Support • Self-Harm Awareness and Risk Assessment • Creative Therapeutic Techniques • CPOMS Record Keeping • Clinical Supervision Engagement • Safeguarding (Level 3)

LANGUAGES

English - Native • Welsh - Intermediate

EXPERIENCE

Trainee School Counsellor (Placement), Bishopston Comprehensive School, Swansea *Sep 2024 - May 2025*

Clinical placement as part of the Level 4 Diploma, providing weekly one-to-one counselling sessions to secondary school pupils.

- Held a caseload of **6 pupils** aged 12 to 16, offering **weekly 50-minute sessions** over periods of **8 to 16 weeks**
- Completed **72 supervised client hours** during the placement, with fortnightly clinical supervision
- Worked with presentations including **anxiety, low mood, bereavement, family breakdown, and self-harm**
- Received **3 safeguarding disclosures**, followed the school's procedures by recording on CPOMS and informing the **Designated Safeguarding Lead (DSL)** within the same session
- Used **creative therapeutic techniques** including sand tray, art materials, and therapeutic card decks with younger pupils who found verbal processing difficult

Volunteer Counsellor (Placement), Cruse Bereavement Support (Swansea Branch), Swansea *Mar 2024 - Aug 2024*

Volunteer placement providing bereavement counselling to young people aged 11 to 18 referred through schools and GPs.

- Supported **4 young clients** through structured bereavement counselling programmes of **6 to 10 sessions** each
- Completed **32 supervised client hours** with monthly group supervision and individual clinical supervision
- Co-facilitated a **peer support group for 8 bereaved teenagers** meeting fortnightly over one school term

Wellbeing Mentor (Part-Time), Gower College Swansea, Swansea *Sep 2023 - Feb 2024*

Part-time role within the student support team, providing drop-in wellbeing support for college students aged 16 to 19.

- Ran **weekly drop-in sessions** attended by an average of **8 students per session**, offering a listening ear and signposting to further support
- Supported **15 students** over the academic year with issues including exam stress, relationship difficulties, and transition anxiety
- Maintained confidential records and escalated concerns following the college's safeguarding policy

EDUCATION

Level 4 Diploma in Therapeutic Counselling in Therapeutic Counselling, Swansea *Jan 2024 - Jun 2025*
Counselling Training Institute, Swansea

BACP registered training programme in person-centred and integrative therapeutic counselling.

- Completed **450 tutor contact hours** and **100+ supervised client hours** across two placement settings
- Modules: Counselling Theory, Therapeutic Skills and Practice, Ethics and Professional Practice, Working with Young People, Loss and Bereavement
- Maintained a **reflective practice journal** throughout training and engaged in personal therapy as required by the programme

BSc (Hons) Psychology in Psychology, Swansea University, Swansea

Sep 2020 – Jul 2023

Graduated with Upper Second Class Honours (**2:1, 65% average**). Dissertation on *the relationship between school belonging and adolescent mental health*, graded **70%**.

- BPS accredited programme covering developmental psychology, cognitive psychology, psychopathology, and research methods

CERTIFICATIONS

Enhanced DBS Certificate, Disclosure and Barring Service

Feb 2024 – Feb 2024

Level 3 Safeguarding Children and Young People, EduCare

Sep 2024 – Sep 2024

Self-Harm Awareness Training, Harmless

Oct 2024 – Oct 2024

BACP Student Membership, British Association for Counselling and Psychotherapy

Jan 2024

REFERENCES

Dr. Helen Rees, Clinical Supervisor and Course Tutor, Swansea Counselling Training Institute, h.rees@swansea.ac.uk, +44 1792 467 215

EXTRA CURRICULAR ACTIVITY

Nightline Volunteer, Swansea University

Sep 2021 – Jun 2023

Trained volunteer on the university's confidential listening service for students.

- Completed **40 hours of active listening training** and staffed overnight shifts, supporting callers experiencing loneliness, anxiety, and crisis
- Handled an average of **4 to 6 calls per shift** across **2 shifts per month** for two academic years