

# Ethan Cresswell

## School Counselor

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School counsellor with one year of post-qualification experience, working with secondary-age students in Cardiff. I completed my Level 4 Diploma in Therapeutic Counselling and 100-hour supervised placement at a secondary school before taking my current role. I work with students dealing with anxiety, family breakdown, bereavement, and self-esteem issues, using person-centred and CBT-informed approaches.

## EXPERIENCE

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### School Counsellor, Cathays High School, Cardiff

Jan 2025 – Present

Providing one-to-one and small group counselling for students aged 11–16.

- Maintain an active caseload of **14 students** with sessions of 50 minutes per week
- Run a **Year 9 anxiety management group** (6 students) using CBT-based worksheets — 5 reported reduced anxiety on the RCADS scale after 8 sessions
- Attend weekly **safeguarding meetings** with the DSL and pastoral team
- Created a self-referral system that increased student-initiated referrals by **40% in the first term**

### Trainee Counsellor (Placement), Fitzalan High School, Cardiff

Jan 2024 – Dec 2024

100-hour supervised counselling placement as part of my Level 4 Diploma.

- Provided **one-to-one counselling to 9 students** across Years 7–11
- Worked with issues including **bereavement, bullying, family separation, and exam stress**
- Received fortnightly clinical supervision from a **BACP-registered supervisor**
- Completed all **100 placement hours** with positive feedback from the school's pastoral lead

## EDUCATION

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### Level 4 Diploma in Therapeutic Counselling in Therapeutic Counselling, Cardiff and Vale College, Cardiff

Sep 2022 – Jun 2024

BACP-recognised qualification. Modules included person-centred theory, CBT, ethics, and working with young people. Included 100 hours of supervised placement and 40 hours of personal therapy.

### BSc (Hons) in Psychology, Cardiff University, Cardiff

Sep 2019 – Jun 2022

Upper Second Class Honours (2:1). BPS-accredited programme. Dissertation on adolescent social media use and self-esteem.

## SKILLS

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Person-Centred Counselling, CBT-Informed Approaches, Safeguarding & Child Protection, Risk Assessment (Self-Harm/Suicide), RCADS & SDQ Assessment Tools, Group Facilitation, Confidential Record Keeping, Multi-Agency Liaison (CAMHS, Social Services), Active Listening & Rapport Building, BACP Ethical Framework

## CERTIFICATIONS

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### Level 4 Diploma in Therapeutic Counselling, Cardiff and Vale College (CPCAB)

Sep 2022 – Jun 2024

### BACP Registered Member (MBACP), British Association for Counselling and Psychotherapy

Sep 2024

### Safeguarding Children Level 2, Cardiff Council

Jan 2025 – Jan 2027

## LANGUAGES

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English (native), Welsh (basic)

## PROJECTS

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### **Year 9 Anxiety Management Group – Cathays High School**

*Feb 2025*

Set up a 10-week closed group for Year 9 students identified with high anxiety through pastoral referrals.

- Group of **6 students** meeting weekly for 45-minute CBT-based sessions
- **5 out of 6 students** showed a measurable reduction in anxiety on the RCADS self-report scale after 8 sessions
- Programme approved by SLT for **repeat delivery** in the autumn term

## REFERENCES

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**Dr. Rhian Evans**, Head of Pastoral Care, Cathays High School, r.evans@cathays.cardiff.sch.uk, +44 7700 900 821

**Susan Blackwell**, Clinical Supervisor (BACP Accredited), Private Practice, susan.blackwell@counselling-cardiff.co.uk, +44 7700 900 934

## EXTRA CURRICULAR ACTIVITY

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### **Helpline Volunteer – Meic (Welsh Youth Helpline)**

*Jun 2023*

Answer calls and online chats from young people aged 0–25 on the Meic helpline. Cover one 4-hour shift per week. Handled over 150 contacts in 2024.

### **Mindfulness Group Facilitator – Cardiff University Students' Union**

*Sep 2021 – Jun 2022*

Ran a weekly drop-in mindfulness session for students during exam periods. Average attendance of 12 students per session across 2 academic terms.