

## Brief Curriculum Vitae

### Dorothy Eddi Piper

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### Qualifications

B.Ed (Hons.) M.A.(Psych) MBACP Senior Registered Practitioner. UKRC Ind. Practitioner.

Dip. Counselling; Certificate and Hon Dip: Individual and Group Supervision for Counsellors/ Psychotherapist and related professions..

A wide range of short training including

- Advanced Gestalt Therapy, Art Therapy, Creative Techniques,
- NLP Coaching , Peer Support , Mental health , Loss and Bereavement training ( various)
- Suicide and Self Harm, Mentoring techniques and training.
- Project Management, Time Management, Book Keeping,
- I am an Honorary Cascade Supervision Associate because I devised and was lead tutor for the Diploma level qualification in Individual and Group Supervision.

### Publications

- *Group leaders Guide* to working on issues of Suicide and Self Harm 1999
- *Young People Suicide and Self Harm* TSA publications 2002
- *Emotional Health Training* DVD/ CD and manual TSA publications 2004
- *Picture Emotions* – Photo pack and training manual TSA publications 2006
- *Emotions Work* – work book and instruction sheets for use with young people TSA publications 2008.
- ‘*What Works*’ – report of 10 years of the Youth Voice projects 2009 – free download- [www.tsa.uk.com](http://www.tsa.uk.com)
- ‘*Practical Pointers*’ – series of information sheets for practitioners working with young people 2009 – free downloads – [www.tsa.uk.com](http://www.tsa.uk.com) .
- *Supervision in the caring professions* – A training manual for supervisors and line managers of staff working with young people in caring professions. – unpublished. TSA . 2007.

## **Employment History**

Current . I am a self employed freelance consultant offering a range of consultancy and training and personal counselling and psychotherapy.

This includes—

### **Personal and Professional Mentoring,**

This may be face to face, email, telephone or a mixture of all of these.

Mentoring may be

- short term -considering a very defined discrete topic
- or ongoing -monthly or bimonthly sessions for those who want to consider professional and/ or personal development and work towards long term goals.

### **Supervision**

Non managerial clinical supervision for Counsellors and Youth and Community workers.

### **Individual counselling/ psychotherapy**

I have a Humanistic perspective of Person Centred and Gestalt Therapy. I work on 3 month contracts and usually long term. My work is strictly governed by BACP ethical Guidelines.

**Short term individual counselling** for anxiety or bereavement issues (6 – 12 weeks) or for a cognitive behavioural approach to specific issues.

**Children and adolescents** – individual counselling, play therapy and mentoring.

**Training** - A range of tailor made training related to emotional health, supervision, mentoring and creative techniques . Particular expertise in training on issues of Child and Adolescent Suicide : Deliberate Self Harm: Child Sexual Abuse ; Depression; Anxiety disorders: Bereavement Issues.

As well as this freelance work I am Counselling consultant for a Young People's Centre in Brighton and a Trustee for Bandbazi Circus skills training and performance – work with Refugees and Asylum seekers and includes those with disability.

## **Previous Employment**

1996- March 2009. During this time as well as continuing freelance work for 2 days per week I was

### **Project Manager at the Trust for the Study of Adolescence: Principal Coordinator Mental Health and Youth Empowerment programme**

This involved providing national training on a range of subjects about mental health, devising materials for publication, managing the Youth Voice programme, speaking at conferences in the UK and abroad and representing the charity on various committees.

**The Adolescent Mental Health Initiative.**

A UK wide programme funded by the Department of Health to raise awareness and train a wide range of professionals on issues concerning severe emotional distress including Suicide and Self harm and Depression. This initiative included Seminars, training programmes and multi agency training conferences which brought together a wide range of professional services and community leaders to look at services in their areas.

**The Youth Voice Empowerment programme** was a national programme which, over 10 years, included creative ways of working on Self Esteem, Youth Empowerment, Emotional Health, Peer Support and Peer Training. The programme sought to empower young people in the age group 15 – 25 who were deemed to be disadvantaged – to learn skills to pass on to their peers and to influence their local community in creative ways. This included young people from BEM, learning difficulty, financially disadvantaged and refugee groups and those with mental health issues.

My role was to manage projects in 5 regions of UK and support participants to initiate ,develop, resource and activate projects with 15- 25 year old ‘ disadvantaged ‘ groups. It also involved speaking at conferences and running training days in UK and overseas.

**UNESCO- Counselling consultant** evaluating training in Sub Saharan Africa – 1 and 2 month contracts 1999/2002/ 2004.

**Scottish Careers Service** – providing individual mentoring/ Non managerial supervision for careers staff in time of transition.

**Cascade Individual and Group Supervision training** – With fellow tutors I devised and developed Certificate and Diploma level Supervision Training, using a self directed learning model, for Counsellors, Psychotherapists and those from related professions. I was lead tutor for 7 years.

**Child and Adolescence Mental Health Services--** Before 1992 I worked for 13 years in Child and Adolescent Mental Health services working with individuals , groups and families as well as in freelance work developing a range of training courses for workers in the caring professions. This included training for workers in a residential setting for those with severe disability, regular seminars for secondary school teachers, supervision groups for drug workers , school counsellors and social workers.

1982 –92 Initiated and was Counselling Trainer and Consultant to the Ask Here Youth Counselling and Information Service.

In 1992-3 I travelled as a stage manager with a small theatre company visiting Australia, New Zealand, Canada, Hawaii and many places in UK, and organised fundraising tour for Multiple Sclerosis Society with Antarctic Explorer Mike Stroud.

75-79 Head of Education unit, Community Home (Young Offenders) with Education on the Premises.

Between 1964 –75 Secondary school teaching in London, Zambia and Derbyshire.

**If you would like any further information or clarification please do not hesitate to contact me.**

Dorothy Eddi Piper; February 2010