

I am a Counselling Psychology trainee seeking a person-centred therapy placement as part of my doctoral training. I am open to both shorter- and longer-term opportunities and excited to continue developing as a therapist while bringing my existing clinical experience to a service.

EDUCATION

Roehampton University , London

Year 1 Counselling Psychology Doctorate

Robert Gordon's University , Aberdeen

Master's in Applied Psychology

1st Class Degree in Social Sciences (Psychology and Sociology)

PROFESSIONAL EXPERIENCE

Held Health, London April 2026

Neurodevelopmental Assessor

- Conduct autism and ADHD assessments with children and young people, including developmental histories, structured clinical interviews and ADOS-2 assessments.
- Gather and integrate detailed information from young people, parents, schools and other professionals to understand neurodevelopmental characteristics across settings.
- Produce comprehensive clinical reports and contribute to multidisciplinary diagnostic discussions with psychologists and medical professionals.
- Complete risk and safeguarding assessments while providing sensitive, neurodivergent-affirming support to children, young people and families throughout the assessment process.

The Private Therapy Clinic, London November 2021

Assistant Psychologist

- Conducted autism and ADHD assessments, including ADOS-2 assessments, comprehensive developmental histories, clinical interviewing and contribution to multidisciplinary diagnostic decision-making.
- Maintain responsibility for assessment, formulation, risk management, safeguarding, clinical documentation and ongoing treatment planning.

- Trained in Person-Centered Therapy and DBT and provided low-cost psychological therapy under clinical supervision.
- Provide therapy under regular clinical supervision, with a particular focus on neurodivergent clients and trauma.