

Melissa Stockley

Counsellor

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For the last 5 years I have worked for Poole North Primary Care Network , having been employed by the NHS to set up and deliver a tailored counselling service to teenagers and their parents/carers and families . I have also worked for Relate Bournemouth delivering therapy to children & young people mainly in secondary schools, and to adults at the centre . I have worked at Purewell Therapy Centre as a therapeutic counsellor for adults and young people and at Grief Encounter Project as lead practitioner for Dorset and as a therapist working mainly with young people and their families . I have experience as a group facilitator for Dorset Mind running Anxiety and Trans groups , and have worked for Cruse Bereavement Care.I am trained in PCT , CBT (level 5) Gestalt and TA and work creatively with teenagers and children . I am registered with the BACP.

Personal Details

Driver's License: Cars

Eligible to work in the UK: Yes

Highest Level of Education: Bachelor's

Work Experience

Counsellor for children and young adults

NHS-Poole

January 2020 to Present

I set up and now run a flourishing counselling service for young people and their families working over 5 practices .

Counsellor

Relate-Bournemouth

February 2017 to January 2020

I worked at Relate focussing on delivering creative therapy , PCT and CBT to young people and adolescents . I assessed teenagers and children and sign posted and referred as necessary . I also worked with families and couples.

Lead Practitioner

Grief Encounter Project-Bournemouth & London p

November 2015 to January 2019

Responsibilities

I was responsible for assessing young people and families and providing therapy sessions for both long term and short term counselling in local schools . I provided both 1:1 and group sessions , as well as family therapy . I managed 2 other therapists at this time.

Accomplishments

I am able to assess both adults and CYP and experienced in group and 1:1 work .

Although the work was aligned to bereavement , I worked with the many issues that can develop alongside this such as substance misuse , eating disorders and behavioural issues .

Group Facilitator

Dorset Mind-Bournemouth

January 2018 to December 2018

I worked as a facilitator for an Anxiety group meeting weekly . I also filled in as necessary , facilitating an LGBTQIA+ group at Over the Rainbow in Bournemouth .

Counsellor

Purewell Therapy Centre-Christchurch, Dorset

February 2013 to May 2018

Responsibilities

I delivered 1 to 1 therapeutic counselling to individuals , specialising in CYP , and couples ,deploying PCT , CBT, Gestalt and Transactional Analysis. I also worked as part of a community team offering low cost counselling to those who might not otherwise be able to undertake therapy .

Accomplishments

As a community service , my colleagues and I were able to secure Dorset County Council funding to provide a ' free at the point of use' service for young carers in Dorset .

Skills Used

The role has helped me to develop both as a counsellor and as an active member of a community group promoting a tailored counselling service .

Bereavement volunteer

Cruse Bereavement Care-Bournemouth, Dorset

2011 to June 2015

Responsibilities

I delivered therapeutic counselling , with sessions taking place either at the Boscombe centre or at the client's home . I also liaised with schools to set up sessions there as required .

Accomplishments

I have undertaken both the initial Cruse training and then the Children and young people's course . I have also supported clients by telephone over holiday periods as necessary .

Skills Used

In my role at Cruse I worked both independently and as a team member . I adhered to the BACP ethical framework and liaised with others as needed . I attended monthly supervision and also relevant training sessions.

SEN Teaching Assistant

St Aldhelms school-Poole

January 2003 to December 2004

Responsibilities

I worked with small groups delivering tailored dyslexia programmes and also as a 1to1 assisting EBD children .

Accomplishments

I learnt to work effectively within a school team and keep relevant notes , as well as liaising with others as necessary , such as parents and social services .

Skills Used

The skill set I used and developed here included: team work , working under pressure , creativity in assisting students and accurate note keeping .

Education

BA (Hons) in English Literature

King's College , University of London

Level 4 Diploma in Person Centred Therapy & Level 5 CBT in Counselling

Redlands Training centre

Certifications and Licenses

BACP member

I am a current registered member of the BACP and have started my accreditation.