

Dinah Pemberton

Profile

I seek a position within the sector of counselling and supervision. I am a Spiritual Counsellor. A qualified Person-Centred counsellor for over 10 years (A member of the British Association for Counselling and Psychotherapy (BACP) (00948333). I have experience with working with adults, couples, families, children and young people. I am empathic listener and committed to empowering individuals to accept themselves for who they are. My style of counselling is intuitive meaning, we may use creativity, readings, music, movement, prayer and meditation as a way of connecting us to our breath and heart which brings us even more into the present moment.

I am a creative designer who designs logos and creates websites.

Core Skills

- Experience of working with people from all diverse and religious backgrounds.
- Experience of working and supporting people who face emotional and behavioural difficulties.
- Listening, empathising, establishing trust and developing relationships.
- Lone working and working in a team.
- Maintaining confidentiality.
- I bring a patient, calm and loving energy.
- I have leadership and management skills and carry out multiple tasks.

Education and Training

MSc in Consciousness spirituality and Transpersonal Psychology
Alef Trust, Middlesex University, 2016 - 2022

BA Honours in Leadership and Management in Children Services
Edge Hill University, Lancashire, 2011 - 2012

Foundation Degree in Integrated Practice and Young People
Edge Hill University, Lancashire, 2009 - 2011
(Additional Responsibilities) Volunteer Integrated Practitioner
Knowsley Play Service, June 2010 - August 2010

Diploma in Counselling Level 4
The Manchester College, Moston Campus, 2006 - 2009
(Additional Responsibilities) Counsellor
Trafford Carers Centre, March 2009 - August 2009

Work Experience

Unique Family Counsellor

Counsellor, Business Owner 2017 - 2020

- A online and face to face counselling service for families, couples, individuals, young people and children over seven.
- Offered a counselling service for people who suffered depression, family issues, drugs and alcohol misuse.
- Provided person centred counselling.
- Documented session outcomes.
- Managed website and social media platforms.
- Lone Working.

Additional Work Experience

Routes Health Care LTD
Support Worker, April 2013 - March 2016

Manchester Active Voices Youth Empowerment Programme
Mentor, April 2012 - February 2014.

Whizz Youth Club
Volunteer and Paid Youth Worker, September 2010 - April 2014.

Lloyds Pharmacy
Dispensing Assistant, 2010 - July 2012

Heald Place Primary School
Volunteer Counsellor, September 2009 - July 2011

Additional Qualifications and Achievements

- OneSpirit Minister.
- Safeguarding Children Level 2.
- Mentor.
- Reiki Master.
- Designing logos and Creating Websites.
- Author of three books Little Dinah and the Amethyst, Cultivating Inner Peace and Reclaiming Your Virginity Intuitive Art and Poems.
- Self Publisher.

Interests

- Meditation
- Reading
- Writing Poetry
- Yoga
- Intuitive Art
- Helping Others

Additional Information

- I have a full UK driving license and vehicle.

Work Experience Continued.

Fresh Start Independence Project
Support Worker 2018 - 2019

- Working with young people in a semi-independent care setting.
- Writing reports.
- Providing a service for young people with challenging behaviours.
- Such as emotional and behavioural difficulties, autistic spectrum conditions, learning disabilities and emerging risk behaviours.
- Providing on going-social care and support, particularly within the development of social and living skills to work towards independent living.

Triangle Care

Mentor (Self - Employed) 2017 - 2017

- Mentoring in the homes of the young people.
- Documented session outcomes.
- Providing a service for children and young people with complex and challenging behaviours.
- Lone working.
- Prepare mentoring sessions, self-identified action plans, reflecting and review outcomes.

Calendar Club

Manager/Operator - (Self-Employed) 2016 - 2018

- Recruiting, training, supervising and appraising staff.
- Managing budgets.
- Maintaining statistical and financial records.
- Dealing with customer queries and clients.
- Overseeing pricing and stock control.
- Maximising profitability and setting/meeting sales targets, including motivating staff.
- Ensuring compliance with health and safety legislation.
- Preparing promotional materials and displays.
- Liaising with head office and working as a team.