Nadia Begum

Counsellor

Nottingham 07700 900273 nadia.begum@example.com MBACP (Accred)

Profile

Counsellor with six years since qualifying, an accredited member of the British Association for Counselling and Psychotherapy, working in an NHS talking therapies service. Sees about 22 adults a week with depression, anxiety and bereavement, in person, by video and by phone. Works person-centred and integrative, and has run a bereavement group since 2024. Looking for a senior counsellor post.

Experience

Counsellor, Step 3, **Trent Valley Talking Therapies (NHS), Nottingham** **2022–present**

- See about 22 adults a week for 8 to 12 sessions each, in person, by video and by phone.
- Agree goals and the focus of sessions with each client at assessment, and review them with PHQ-9 and GAD-7 every session.
- Work with depression, anxiety, bereavement and relationship difficulties, using person-centred and integrative counselling.
- Keep confidential notes in IAPTus and write discharge letters to GPs.
- Raise safeguarding concerns through the service's procedure and record every risk assessment.
- Run an 8-week bereavement group for up to 10 people, twice a year since 2024.

Volunteer, then Sessional Counsellor, **Meadowlands Bereavement Service (charity), Nottingham** **2018–2022**

- Counselled bereaved adults on placement during training, then as a paid sessional counsellor.

Qualifications

Level 5 Diploma in Therapeutic Counselling, **Trentvale College** **2018–2020**

Level 3 Certificate in Counselling Skills, **Trentvale College** **2017–2018**

BSc (Hons) Psychology, 2:1, **Charnwood University** **2012–2015**

Skills

- Person-centred and integrative counselling
- Assessment, risk assessment and outcome measures
- Bereavement and group work
- Online and phone counselling
- Confidential notes and GP letters
- Monthly clinical supervision

Additional information

Accredited member of the BACP since 2023. Monthly clinical supervision and personal therapy during training. Enhanced DBS check on the Update Service.