Therapist Bio:

1. Full name. **Kathleen Whelan**
2. Services & Specialism you provide at Inukshuk Therapy & Publishing, I work to support young people, couples and individual delivery of intervention.

**I offer an array of knowledge and clinical experience working with themes around trauma (PTSD), bereavement, anxiety, stress, relationships, work-related stress, depression and more, I can offer telephonic, face-to-face, short-focused brief, and midterm or long-term intervention in counselling or psychotherapy. I work with children aged 6+ upwards, adolescents, individuals, and couples.**

Therapies offered:

* **Psychodynamic**
* **Mindfulness**
* **Person-centred humanistic therapy**
* **Psycho-educational - PFA**
* **Reiki Level 2 specialist**
* **Compassion Focused Therapy**
1. Qualifications & Training (date, qualification/course title & Location/Facilitator)

**Education History**

**University of Bath** BA (Hons) DFAP September 2007 - June 2010

**Swindon College** Introduction to Counselling January 2011 – March 2011

**Place2Be** Level 3 Counselling Certificate September 2012 – March 2013

 in Working with Children

**New College Swindon** Level 4 PG/ Dip in Therapeutic September 2014 – July 2016

 Counselling

**Online** TEFL 160 hours accredited.

course Commenced August 2019 completion August 2020

**Footsteps Counselling** Couples Counselling Commenced January/July 2020

**University of East** MA in Psychotherapy & September 2021 - May 2022

**London** Counselling

**Clinical Supervision** Clinical Diploma in Supervision January 2023 – July 1013. (Counselling.Tutor.com) **Training** working online and face-to-face

**Tidal Training CISM** CISM Critical incident training12th-14th September 2023

1. Experience/background in your field.

**My roots stem from a background in teaching art spanning 20 years, eventually leading to me qualifying for a career in counselling in 2016. My initial forays into the world of mental health materialized in my quest and inquiry for counselling training in 2010 and were supported when being employed as a Bereavement Service Lead Manager for a local children's bereavement charity while remaining to teach. This role found me working closely with bereaved children and their families who were ill-equipped to envisage a future without their loved ones, and it was within my role to help them make sense of their present and their future.**

**Since reaching ten years post qualification, I have enjoyed amassing a wealth of experience from working with young people, and adults in private practice since 2017. As of 2019, I began my studies in couples training working full-time as a telephonic counsellor for occupational health companies, I have not looked back since. In addition, in January 2021 - 2022, I completed an MA in Counselling and Psychotherapy. I’m enthused by the research element of this process as it focuses on the phenomenological interpretation of the components of psychotherapy**

1. Are you registered with any professional bodies?

**I am a qualified psychotherapist and a registered member of the BACP and senior accredited member with NCPS and a supervisor. Continuing my quest for professional development In January 2023, I embarked on supervisory clinical training. I opt for supervision bi-weekly in support of my clinical roles.**

1. What led you to choose this career path?

**Offering up my free time to volunteer for the local community as a respite foster carer for three years whilst teaching, paved the foundation towards a career of supporting young people, focusing on re-empowering them, offering a safe space to explore their own beliefs and navigate their worlds.**

1. Is there anything else interesting about yourself you might like to mention?

**I am a lifelong learner with a curious mind, having travelled the globe in my 20s whilst working for a reputable airline for six years as a cabin crew member. I would like to say I am culturally sensitive and have worked with a variety of different cultures and nationalities during my career. I continue to enjoy the variety of cultures, and cuisines and explore ‘difference’**

**I have written and self-published a grief guide for teens, namely the ‘Grief Episode Guide for Teens’ (aged 12-25), the artwork is my own, and the clinical knowledge combined offers a self-help guide towards processing loss and learning to educate the reader, having space to self-reflect and manage this difficult experience; results in becoming a lived memoir. My website, www.inukshuk-publishing.com.**

1. Please also send a photo of yourself:

