



# Pamela Dale-Rourke

## Child Therapist

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Collaborative and creative professional with a strong background in helping children communicate their needs and experiences, particularly through translating behavioural communication into messages that can be heard and understood. Experienced in working alongside children, parents, and teachers to create visual aids and engaging resources that make communication tangible and meaningful. Skilled at developing materials that support learning and well-being, using creativity to adapt communication for different audiences. While my direct professional experience has not been with AAC users, I bring relevant transferable skills, and I also have personal insight into AAC through supporting my uncle, who is an AAC user.

## Professional Experience

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### Service Lead for Schools *Child in Mind, Manchester | October 2016 - Present*

- Designed and adapted communication and therapy resources to support children in schools, including visual supports and symbol-based activities.
- Provided impactful 1:1 Play Therapy and Family Therapy, specialising in psychotherapeutic assessments that inform therapeutic pathways.
- Worked closely with teachers and therapists to create accessible materials for children with communication and learning needs.
- Supervised postgraduate Play Therapy students, offering training and guidance in resource use and inclusive communication strategies.

### Play Therapist *Barnardos, St Helens | January 2015 - October 2016*

- Created tailored visual and therapeutic resources to support children referred through CAMHS.
- Contributed to assessment meetings, recommending appropriate communication supports for referrals.
- Managed a caseload of school-aged children, using creative and resource-based approaches to address a wide range of social, emotional and communication challenges.
- Facilitated group supervision sessions, sharing best practice on child-centred communication strategies.

### Family Session Worker *OJs, Preston | May 2023 - January 2024*

- Supported families with children on the autism spectrum, creating and adapting resources to facilitate engagement and communication.
- Developed inclusive activities to ensure children with communication differences could participate meaningfully in group settings.
- Worked collaboratively with families and colleagues to address individual needs, ensuring resources were both practical and user-friendly.

## Education

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**BSc** Psychology and Criminology, University of Central Lancashire

## Key Skills

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- Practical experience using AAC software platforms (Grid 3, Mind Express 5, Widgit Online).
- Knowledge of AAC symbol systems (PCS, SymbolStix, Widgit, Bliss, etc.).
- Strong digital skills for resource creation, layout, and design.
- Understanding of inclusive communication, SEN, and speech and language therapy.
- Creativity and attention to detail in designing engaging and accessible resources.
- Collaboration with therapists, educators, and families to ensure resources meet user needs.

## Affiliations

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Reiki Practitioner

I have a passion to help others and believe by providing the correct core conditions every individual has the potential power to help themselves heal. My own healing journey let me to eventually train in reiki. I also practice mindfulness and meditation on a daily basis. I am open to explore all kinds of self healing approaches and love to learn.

## Certifications

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**DDP (Diadic Developmental Psychotherapy)**

**Health & Social Care** (Preston College)

**Play Therapy** (Canterbury Christ University)

**Filial Therapy in Family Therapy** (Manchester)

## Interests

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- Exploring distant lands
- Getting lost in a good book
- Capturing moments
- Feeling the music
- Swimming
- Massage & Balance
- Journaling
- Meditating