

Pamela Dale-Rourke

Date of birth: 06/02/1983

Nationality: British

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Profile

I bring a wealth of experience and passion for helping children overcome emotional and behavioral challenges. Committed to creating a safe and nurturing environment that promotes healing and growth. I aim to utilise my exceptional communication and therapeutic skills to make a positive impact on the lives of young individuals and their families.

Work Experience

10/2016 – PRESENT (Maternity Jan 2021 - Jan 2024)

**Service Lead for Schools
Child in Mind** MANCHESTER, ENGLAND

I manage a caseload of children and families, providing impactful 1:1 Play Therapy to school children and those at our Family Centre. Additionally, I offer vital 1:1 Family Therapy to parents of adopted and traumatized children, supporting the entire family unit. I also play a key role in teaching and supervising students pursuing a postgraduate diploma in Play Therapy. I currently specialise in offering psychotherapeutic assessments. Assessments are key in guiding the child and family on a therapeutic pathway that is both reparative and supportive of the whole family system. My role at Child in Mind is characterised by a deep commitment to improving the well-being of individuals and families while empowering the next generation of therapists.

01/2015 – 10/2016 ST HELENS, ENGLAND

**Play Therapist
Barnardos**

In my capacity as a Play Therapist at Bernardo's, my principal duty entailed the fulfillment of a tender that the organization had recently secured. This entailed providing vital assistance to CAMHS (Child and Adolescent Mental Health Services) in addressing

Work Experience

their tier three referral waitlist. My role extended to active participation in assessment meetings, wherein I made valuable contributions to the deliberations concerning safe and suitable referrals.

In addition to these responsibilities, I diligently managed my own caseload, primarily comprising of school-aged children grappling with a wide spectrum of challenges. Furthermore, I actively partook in group supervision sessions, where I took turns facilitating the process and holding space for

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3 PRESTON, ENGLAND
**Family Session Worker
OJs**

In my present role, I am a valued member of a dedicated team committed to providing invaluable support, guidance, and meaningful interaction to families with children on the autism spectrum or in the process of diagnosis. Our mission is to ensure that these children, who might otherwise face challenges in accessing mainstream groups, receive the attention and care they deserve.

The bonds I share with both the team and the families under our care hold a special and cherished significance in my life. It's worth noting that I currently contribute to this charitable endeavor on Saturdays.

01/2010 – 01/2015 PRESTON, ENGLAND
**Outreach Worker
Children's Centre**

01/2005 – 01/2007 LEEDS, ENGLAND
**Parent Support Advisor
Leeds County Council**

Education

DDP (Diadic Developmental Psychotherapy)

Filial Therapy in Family Therapy
Manchester

Psychology and Criminology | BSc
University of Central Lancashire

Play Therapy | Post graduate diploma
Canterbury Christ University

Health & Social Care | Advanced GNVQ
Preston College

Licenses

01/2010

Registered member - 853758

BACP

<https://www.bacp.co.uk/therapists/343480/pamela-dale-rourke/Preston>

Groups

Reiki practitioner

January 2015 to Present

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 led 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.

Additional Information

Throughout my two decades of working with children, I have diligently participated in mandatory safeguarding training, data protection courses, and continuous professional development (CPD). My dedication to staying updated ensures that my knowledge remains pertinent and responsible in my field of work.

As the Senior Therapist, I took on the responsibility of instructing a module called 'Core Skills' on the Play Therapy diploma. This module focused on essential areas such as client attunement, congruence, and reflective responding, among others. During this process, I provided valuable feedback both as the client, genuinely experiencing the therapeutic relationship, and as the tutor, supporting the students' growth and learning.

Additional Information

Moreover, I played a crucial role in each student cohort by offering group supervision. In this setting, I fostered a secure space for students to explore their therapeutic relationships, ensuring the utmost consideration for safeguarding, appropriate information sharing, maintaining professional working relationships, and honing core play therapy skills.

Hobbies



Exploring distant lands



Getting lost in a good book



Capturing moments



Feeling the music



Swimming



Massage & Balance



Journaling



Meditating

Strengths

- # Empathetic, compassionate, understanding
- # Creative, innovative, imaginative
- # Patient, nurturing, supportive
- # Excellent communication
- # Strong observational skills
- # Ethical practitioner
- # Ability to build rapport & relationships
- # Empathetic listener
- # Analytical thinker, Problem-solving abilities
- # Strong communicator

Skills

Active Listening

Empathy

Mindfulness Meditation

Solution Focus

Family Dynamics

Play Therapy

Communication Skills

Child Development

Parent-Child

communication