



**Health City**  
HEALTH · IS · WEALTH · Ad°Maio<sup>re</sup>m°Dei°Gloria¶

**Mrs Farida Yesmin Mezy**  
**Counsellor and Psychotherapist**

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## **PERSONAL STATEMENT**

Qualified integrative counsellor and Psychotherapy in Postgraduate Diploma working towards Master in Integrative Counselling and Psychotherapy. A hardworking, conscientious and caring counsellor with extensive knowledge of offering advice, support, rehabilitation and guidance to clients who have experienced trauma or hardship. Having an ability to empathise with individuals whilst retaining an objective and realistic approach to their treatment and therapy. Comfortable working and communicating with people from all backgrounds and having experience of trauma, abuse, addiction, depression, anxiety, OCD, marital difficulties and other issues. Gain understanding by working within education sector and were able to provide excellent administrative support, Residential support worker & Contract Supervisor, I gain experience in working in an environment with difficult and challenging behaviours with children and adults.

## **WORK HISTORY**

### **Integrative Substance Counsellor**

**2013 - Present**

#### **(Voluntary) CRI in Forrest Hill**

- Listening to individual problems and empathising with them.
- Therapeutic assessments on vulnerable service users.
- Creating trust and a bond with clients.
- Identify problems quickly, explaining it to a client & then finding a solution.
- Counselling clients with various mental health and other issues.
- Monitoring a client's response to counselling, looking for signs of improvement.
- Maintaining clinical records & providing verbal & written reports on cases.
- Interviewing, observing and testing clients to get information about them.

### **Integrative Student Counsellor**

**Jan 2013 - Present**

#### **(Voluntary) The Tithe Barn Counselling Service in City of Westminster College**

- Listening to individual problems and empathising with them.
- Therapeutic assessments on vulnerable service users.

- Creating trust and a bond with clients.
- Identify problems quickly, explaining it to a client & then finding a solution.
- Counselling clients with various mental health and other issues.
- Monitoring a client's response to counselling, looking for signs of improvement.
- Maintaining clinical records & providing verbal & written reports on cases.
- Interviewing, observing and testing clients to get information about them.

**Mar 2001 –July 2013**

**Student Record Officer (City of Westminster College)**

- Divisional Supervisor during enrolment period
- Supervision and training of temporary staff during enrolment period
- Creating course files
- Assisting line manager to complete annual return for funding
- Fixing database Errors fixing report and generating Error Fixing Reports
- Internal Auditing to ensure accuracy of course files student attendance and
- Administrative work involved in student transfer and withdrawal
- Attending in house training for better understanding of funding methodology
- Inputting examination results and enrolment applications for in house students database (UNIT-E software proficient).

**August 2009 – June 2012**

**Weekend**

**Residential Support Worker (Primetime)**

- Offer support to young people who experience emotional behavioural difficulties and challenging behaviour.
- Setting boundaries for young people's behaviour
- Providing leisure and creative opportunities
- Teaching daily living skills such as budgeting, shopping and claiming benefits
- Keeping records and writing reports
- Also offer support to children in care, or adults with physical or learning disabilities, mental health problems, other emotional or social needs.
- Creating a safe and positive living environment to support them to become independent

**Hillingdon Race Equality Council, Hillingdon**

October 2000 March 2001

Temporary Administrative Offices

**Employment Services Job Centre, Feltham**

1998-2000

Administrative Assistant

**ACADEMIC QUALIFICATIONS**

**University of Derby**

MSc Integrative Counselling and Psychotherapy

2012- Present

**Birkbeck University**

Certificate in Counselling  
2011-2012

**London Metropolitan University**  
BSC Sociology Degree  
2006-2012

**Thames Valley University**  
Access to computing  
1998 – 2000

**Employment Services Job Centre, Feltham**  
NVQ Business Administration Customers Services level 1, 2 in work placement  
1996- 1997

**Uxbridge College**  
NVQ 2 Certificate in Child Care and education  
1995 – 1996

#### REFERENCES

Available on request.