



Health City

HEALTH IS WEALTH. Ad Maiorem Dei Gloria

CV

MRS ELLEN WHELLER

**Counselling Psychologist, EMDR Practitioner, CBT Practitioner, Systemic Therapy Practitioner;
Integrative Therapy Practitioner, Children and Families, Sensory Attachment Intervention,
Therapeutic Consultant Social Worker, Animal Assisted Play Therapy Practitioner, etc.**

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PROFILE

I have completed the British Psychological Societies independent route as a counselling psychologist and registered with HCPC. The decision to take this route came from having a diverse career in education, psychology, social work, and therapy, which enabled much of my work to be accredited within the competency's portfolio.

PROFESSIONAL REGISTRATION

- HCPC: PYL043516, 04/11/2023 to 31/05/2025

THE MODELS OF THERAPY THAT I AM TRAINED IN ARE:

1. EMDR- Level 3/4
2. Integrative counselling with (CBT, psychodynamic and person-centred (2007)
3. Systemic practitioner
4. Post graduate certificate to work with children therapeutically.
5. Motivational interviewing and Brief Solution focused therapy
6. Mindfulness.
7. Sensory integration level 2
8. Therapeutic life story work with children
9. Dyadic developmental practice – level 2

10. Sensory Attachment intervention – level 1 and Just right state for children and parents.
11. Post graduate Diploma in clinical supervision.
12. Level 1 Animal Assisted Play therapy.

EMPLOYMENT HISTORY

Current CAMHS Counselling Psychologist - 18.5 hours – started April 2020

This is a multi-disciplinary team, that aims to help children which fit a mental health diagnosis. We have a clinical psychologist, two psychiatrists, a family therapist two therapists, and two mental health nurses and provide assessment and intervention to children and their families with a variety of difficulties, including depression, anxiety, suicidal ideation, OCD, ASD, and we hold an eating disorder clinic and an ADHD clinic. Alongside this many of the children and families we support with therapeutic interventions have a range of comorbid problems.

Currently within this role I have been specialising in working therapeutically with ASD children and families therapeutically and developmental trauma. Integrating sensory, creative mediums and CBT mediums, to work with high levels of anxiety and mixed sensory profiles.

Consultant Social Worker (Therapist and Trainee Counselling psychologist)

MAPSS (Multi-Agency Placement Support Service) – Neath Port Talbot 2018 – December 2023

This was multi-disciplinary team, that aims to help children with, or at risk of mental illness and emotional and behavioural difficulties by providing specialist placement support. We had clinical psychologist lead, play therapists, consultant social workers, counsellors, education, and family support workers. Using a range of therapeutic models to support young people process trauma and enable therapeutic parenting from foster carers using a DDP (Dyadic Developmental Practice) PACE informed approach.

My role is like that of below in terms of the consultancy role contributing to care planning. I also, undertook therapeutic work with children and families, as a systemic practitioner, to enable support with family dynamics and self-regulation skills for young people. I also deliver training to schools, foster carers and local authority on attachment, trauma and DDP principles.

Children Services Senior Practitioner and therapist (NSPCC)

NSPCC Newport (Specialist Risk Assessment Work in relation to Sexual abuse) and Swansea Division (Post Abuse Service for Children and parents) 2008-2011

Family Support Worker in a Behavioural Support Team.

Education Department in Bridgend County Borough Council – 1998-2001.

Restaurant Manager - Old Orleans Cardiff – 1985-1988.

VOLUNTARY WORK

- Cruse Bereavement Counsellor 1999 -2002.
 - Part-time evening counsellor with Adults with Substance Misuse Problems at Duffig House in Cardiff during my first year Student Social Work Placement in 2001.
 - Part-time evenings Counsellor at Porthcawl Counselling Service 2003- 2008.
 - Voluntary work in the Friary Cardiff, supporting adults with learning difficulties in 1996.
 - Aberkenfig Pupil Referral Unit – June 1995 support with implementing self-monitoring strategies for pupils that had concentration difficulties.
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EDUCATION AND TRAINING

British Psychological Society

Counselling Psychologist independent route (May 2019 – July 2023) Independent Route

University of South Glamorgan (Family Institute)

Postgraduate Diploma in Systemic Therapy (September 2018 - May 2020)

British Psychological Society

Independent Route Trainee Counselling Psychologist – Current Thursday only with family therapy training.

Cardiff University

Research dissertation 2016-2018

Gloucester University

Post Graduate Certificate and conversation to Diploma in Clinical Supervision July 2013 (Weekend study)

Nottingham University

Postgraduate Certificate in Therapeutic Work with Children July 2011

University of Wales/ Newport

Postgraduate Diploma in Integrative Counselling (CBT, Psychodynamic and Person-centred) September 2005- 2007

TRAINING

- EMDR PART 1, 2, 3
- **Matthew Patterson NHS December 2022 October 23**
- **EMDR children PART 1**
- **EMDR international**
- Trauma Based CBT
- **Trainer: David Tricky.**
- **2023**

- Dyadic Developmental therapy and PACE level 2
Dan Hughes
- Sensory Attachment Training Level 1 2019
- JUST RIGHT STATE PROGRAMME 2020
- *Dynamic-Maturational Model of Attachment (DMM) 2019*
- **SAI TRAINERS**
- Certificate in Family Therapeutic Life Story Work.
- **Family Futures.**
- **Trauma Recovery Model**
- **Jonny Mathews and Tricia Skuse**
- **PTSD/ sexual abuse and CBT interventions.**
- **New Pathways Training**
- **Rewind Training for PTSD**
- **David Muss**
- Trauma Symptom Checklist for Children.
- **NSPCC**
- Animal-Assisted Play therapy level 1
- **Trained with AAPT institute- May 2023**

ADDITIONAL RECENT PSYCHOMETRIC TRAINING

- **WAIS – V 2021**
- **Dr Carol Ireland**
- ADOS 2 November 2023
- **Pearson Clinical assessment training**

EXPERT WITNESS COURSES

- Expert Witness Report Writing Course
- **Bond Salon July 2023**

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