



Health City
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Dinah Kissiedu

Counsellor & Author

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PERSONAL PROFILE

Her interest in improving the lives of others through therapy landed her in prestigious roles where she provided emotional support for clients such as the Metropolitan Police, Apple, Virgin Airlines, London Borough Councils, and Health City as a Senior Partner and later on opening her own private practice in London and then relocating to Atlanta.

Dinah is a people person and enjoys uplifting people and increasing their awareness of their ability to co-create their own reality by adopting principles that are reinforced by enrolling in mentorship, actively reading/listening audiobooks, attending workshops, or events with the aim to encourage personal development. She believes that it is in the relationship with ourselves and others, that we have the greatest capacity for happiness; it is her hope that she can help increase people's motivation to pursue more of the joy their lives can offer.

KEY SKILLS

- Experience of advising vulnerable people with multiple and complex needs.
- Delivered an integrated advice and support service.
- Head facilitator of womens' support group.
- Learning British Sign Language and Makaton

EDUCATION, TRAINING & QUALIFICATIONS

- 2023 - Oct 2023-Cornell University, Ecornell Growth Leadership for Female Entrepreneurs.
- 2020– 2020: HarvardX, Bachelor of Arts - BA, Social Sciences.
- 2004-2005 West Thames College- Advanced Counselling Diploma level II
- 1999-2001 University Of Westminster Level I Certificate in Counseling (CSCT)
- 1998 – 1998 -Counselling Skills & Theory Thames Valley University (Ealing)

- 1996 – 1997 Introduction to Counselling. -North West London College (Kilburn)

Professional Association & Awards:

MBACP

Qualified by CPCAB

EXPERIENCE

June 2022 – Present. **Group Home Manager, Help Inn Folk, Atlanta, Georgia, United States.**

- Help Inn Folk is an independent living facility for adults who are able to live and thrive without the need for onsite medical intervention or supervision. We are committed to providing housing to those that are homeless this includes women, men, veterans, domestic violence victims, ex-offenders, substance misuse, and trafficked victims, we are open to all. As an independent living facility, we aim to provide a safe space for residents to live in comfortable surroundings and provide residents hope and healing to those facing significant life challenges.

Nov 2020 - Jun 2022, **Private Practice Mental Health Consultant, Lean On Me, Santa Barbara, CA, USA.**

- Anonymous Mental Health Care peer support via text on college campuses.
- Provided consultation, diagnostic assessment, and treatment for children, adolescents, adults, and families who exhibited severe emotional disturbances, substance abuse, or criminal behavior; screened, evaluated, and facilitated referrals to community agencies and program admittance.

Oct 2014 - Oct 2021, **Para-Professional Counsellor, Family Ties, Family Resource Services, Atlanta, Georgia, United States.**

- Provided outreach work for adolescents and families who were referred to social services-DFACs-Department of family and children services.
- Liaised with client's case worker and updated case manager on my client's progress. Responsible for diarising client appointments, & providing necessary resources and services for clients.
- Supported planning and educated clients on parenting skills, employment resources, budgeting, and financial planning and benefits.

2017 - 2020 (Part-time), **Counsellor / Senior Partner, Health City, London, England, United Kingdom.**

- Carried out complex therapeutic assessments on vulnerable service users and developed suitable treatment plans and implemented them. Referred clients to other healthcare professionals, when appropriate.

Conducted counselling for clients with mental health issues & drug and alcohol addiction, maintained clinical records, and provided verbal & written reports on cases. Also responsible for business development activities.

Sep 2018 - Oct 2019, **Counsellor - Eating Disorder & Personality Disorder Unit,**

Cygnnet Health Care, London, England, United Kingdom.

- Provided 1-1 clinical observations, and reviewed and updated risk assessments within the care plans. Provided 1-1 emotional support using DBT therapy. Liaised with doctors and nurses, supervised patients during meal times, and assisted with the allocation of staff. Provided 1-1 clinical observations, and reviewed and updated risk assessments within the care plans.

2005- Present Private Practice-Counselling.

- Providing face to face and telephonic counselling to individual private clients and global corporate clients
- Working with GP, Emergency services & other external agencies
- Experience of CBT and integrative modality

January 2016 October 2016 Work Place Options EAP Counsellor Ealing

- Providing telephonic emotional support to global corporate clients
- Responding to high risk crisis cases, child protection reporting/reports
- Working with GP, Emergency services & other external agencies
- Updating and providing statistical reports to clinical Manager
- Experience of CBT and integrative modality
- Attending monthly clinical meeting & supervision
- Intake assessments for legal department

August 2009-June 2010 (private Practice) Lean On Me Counselling Service .

- Listened to individuals concerns and empathised with them.
- I Carried out complex therapeutic assessments on vulnerable service users.
- I successfully established trust and a bond with clients.
- Developing suitable treatment plans and implementing them.
- Meeting with clients, family, social worker and GP to exchange information.
- Identify problems quickly, working with client to find a solution.
- Counselling clients with mental health issues & drug and alcohol addiction.
- Referring clients to other healthcare professionals, when appropriate.
- Monitoring clients response to counselling, looking for signs of improvement.
- Maintaining clinical records & providing verbal & written reports on cases.
- Attending training days for ongoing professional development.

March 2009-June 2009 Volunteer Outreach Support Worker -Ghana Africa

- I was selected to help volunteer overseas utilizing my counseling skills and administration skills.
- I Provided counseling , coordinated & planned new initiatives, & provide advice to adults & youth in Ghana.
- I was responsible for handling and distributing the international package donations.
- I assisted in organizing each fundraising event and contacted new businesses to donate to our campaign.
- I was responsible for arranging logistics and transport and accommodation for CEO.

Aug 2008-Feb 2009 **Beulah Counselling Voluntary Counsellor Evening .**

- I provided one to one counselling for clients with various psychological conditions such as ADHD, bipolar, victims of domestic violence, and self empowerment classes.
- Interviewed and assessed new referrals.
- I carried out risk assessments and updated client records & maintained client case notes.
- Attend bi weekly group supervision and discuss case studies.
- I assisted the director with implementing and updating company policy/procedures.
- Adhered to BACP code of ethics.

June 2006 – May 2008 **Adaptive Affinity Customer Service Manager .**

- I dealt with escalated calls & responded to emails fax and answer phone messages.
- Monitoring & Reviewing of customer accounts.
- Managed staff and provided customer services training.
- Liaised with USA sister company, monitoring motivating & evaluating team performance.
- Identifying, arranging staff training, & Implemented team incentives.
- Produced monthly call reports to director .

KEY ACHIEVEMENTS

Training & Continued Professional development:

Using Your Personality In Business April 2017- Veda & EY organizers.

Tony Robins Unleash Your Power March 2017

Dynamic meditation September 2017

Using Writing Therapy with clients & for counselors Self care WPO 2016.

Aspergers Syndrome & Autism- LookAhead Care & Support 2015.

Medical University South Carolina USA-Trauma Focused Cognitive Behavioral Therapy: 2014.

Depressive Disorder in children & Adolescents.

Corporate compliance & ethics, Cultural Issues in Mental Health. Treatment for Paraprofessionals.

Overview of Medications for paraprofessionals.

Suicide Prevention, Bipolar In Children & Adolescents, Case Management.

Therapeutic Boundaries for Paraprofessional, Abuse Neglect & Incident Reporting.

Bipolar, Psycho-educational Evidence Based Practices, Crisis Management.

Attachment Theory By Dr Elaine Arnold 2005

Working With Refugees, Asylum Seekers & Across Cultures By Lennox Thomas 2005

Sexuality & Difference By Wills James 2005

Diploma Communication skills 1996

Developing effective training programs in conjunction with other departments in the company. 1998

Organizing and conducting induction training sessions for all new employees. 2008.

