**Mioara Crenganis**

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Recently BA Counselling graduate, currently studying Humanistic and Psychodynamic Counselling at Goldsmiths University. During my degree, I have developed an excellent eye for detail due to the heavy demands of assignments and research. Over the past two years, I have also worked as a self-employed counsellor, strengthening skills in empathy and communication to collaborate effectively with clients from diverse backgrounds and age groups. Creating a personal solution for each client in a non-judgemental and supportive environment is critical to me. Fluent in English, Spanish, and Romanian (mother tongue), Looking for a challenge within health, counselling/social work field to improve my knowledge and develop my skill set further.

**Education**

* **BA Counselling – Merit(2:1)** May 2017- Aug. 2020

Glasgow Caledonian University, London

Relevant Modules: Counselling Techniques and Psychology

* **PG Cert. Humanistic and Psychodynamic Counselling** Oct.2020 – June 2021

Goldsmiths University of London

Relevant Modules: Humanistic and Psychodynamic Theories

* **BSc (Hons) Health and Social Care** Jan 2018 – Dec. 2021

Anglia Ruskin University, London

Relevant Modules: Lifecycle Development, Safeguarding in Practice, Health and Safety in Care Settings, Healthcare Professional, Promoting Health and Wellbeing

* **Advanced Diploma in Clinical Hypnotherapy** April 2020 - Feb. 2021

Surrey College of Clinical Hypnotherapy and Psychotherapy, Surrey

Relevant Modules: Positive Psychology, NLP, Solution Focused, EMDR

**Counselling, Therapy, Care Experience**

**Integrative Counsellor** Jan 2019 – Present

* Provide therapeutic services in a private practice setting to individuals, couples and families experiencing difficulties with trauma, anxiety depression, relationship struggles, grief issues.
* Assess psychological needs of clients in accordance with professional practice standards and codes of ethics.
* Evaluating clients’ needs and creating a custom treatment plan, helping individuals with the resources needed to reach personal goals using a wide range of therapeutic interventions to best fit clients.
* Create an individual and integrated approach to therapy that combines psychodynamic, humanistic, and cognitive behavioural therapy as well as mindfulness and awareness

**Crisis Counsellor-**Mental Health Innovation, Oct.2018 - Dec.2019

* Assisted in situation of crisis including suicidal/homicidal ideation and abuse of children/adults
* Completed risk assessments, evaluations, and referrals for every client.

**Care Assistant – Residential Dementia Care, Romford**  Dec.2019 - Jan.2020

* Organised recreational educative activities for resident’s wellbeing
* Provided immediate mediatisation using Therapeutic Crisis Intervention techniques to de-escalate potentially volatile situations
* Team Leader – I created a monthly rota system that distributed work evenly and improved employee satisfaction.
* Provided guidance to patients while settling disputes between the patients

**Personal Senior Mental Health Worker, Barnsley** Feb 2011 - Aug 2015

* I supervised the client and completed daily reports and documentation comprised of focus notes.
* I provided emotional support and assessed environment for safety hazards also provided education on daily living skills, such as budgeting, household chores and meal preparation.
* I managed individual care plans, based on assessment of needs and, I co-ordinated temporary care staff drawn into support the care home.

**Other Experience**

**Security Officer,** Clipfine Security, Various Sites Feb 2015 – Oct 2018

* Provided general surveillance, answered phone calls, and wrote daily activity reports as required.

**Recruitment Officer,** Desteptarea SA, Bacau Romania Feb 2002-June 2004

* Managed candidates through the whole recruitment process from taking initial enquires to processing applications and CVs
* Responded to job queries in a professional way, and booked in candidates and resources for interviews, ensuring they were followed up.
* Attended interviews to ensure I was recruiting the right people for the right roles, arranged interviews with candidates who had been short listed for a position.

**Key Skills**

* Empathetic, Positive and Receptive Attitude.
* Ability to provide individual counselling services or facilitate group therapy sessions in a positive and effective manner.
* Strong sense of integrity when dealing with clients and a commitment to keeping information confidential when necessary.

**Professional Qualifications/Achievements**

* Advanced Diploma in Counselling and Psychology, International Career Institute
* Grade achieved - A 2018
* Member of National Counselling Society, Reg. No. NCS20-01024
* Senior Member of the Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists, Reg. No. 0504
* Qualified Executive Member of the International Practitioners of Holistic Medicine, Reg. No. IPHMNM5637
* Member of the International Association of Therapists, Reg. No. NM20612
* Level 4 Dip.in CBT with Distinction – ABC Award Dec 2020
* Dip. in Psychotherapy and Counselling, SNHS, London April2018 - April 2019
* Dip. in Coaching and Mentoring – London Institute of Business and Management May 2019 -Dec.2019