

Patrizia Vadalà

Profile

A conscientious and caring MBACP registered counsellor with extensive knowledge of offering guidance, support and rehabilitation to clients who have experienced trauma, prolonged hardship, existential issues and anxieties. A proven ability to empathise with individuals whilst retaining an objective and realistic approach to their therapy and recommended treatment.

Currently practising Gestalt Integrated Techniques with elements from Transactional Analysis, Mindfulness, CBT and Accelerated psychodynamic.

Also been working for more than 5 years, as an employment adviser for mental health, in a service embedded in the NHS within the Primary and Secondary care settings.

Currently working only as a self-employed counsellor in private practice, on line and face to face mainly at The Awareness Centre, London.

Key skills and characteristics

- Demonstrated ability to effectively work with people regardless of their ethnic, cultural, social backgrounds, their gender, age, religious belief, disability and sexual orientation
- Excellent listening, questioning and people skills
- Compassionate behaviour and non-judgemental attitude
- Thrive in practising all useful techniques acquired such as CBT, Mindfulness, third wave CBT, or Motivational interview
- Talented in creating a very and immediate trustworthy relationship with clients
- Takes pride in accurate reports and admin data recording regarding caseloads
- Professional registered member of the British Association for Counselling and Psychotherapy since 2015
- Holding a professional insurance since 2015

Career History

Counsellor in Private Practice

December 2012 - Present

Accredited with the CNCP body since Dec 2012 / Registered with UK BACP since July 2015

Delivering one to one clinical, supervised counselling as a private therapist.

I have been treating clients largely of any age and cultural background, with cross-cultural transition issues in their environments and relationships; with family conflict, relationship and sex and gender issues. Main skills

- Listening carefully and creating rapidly a good rapport
- Efficiently assessing clients and delivering agreed goals and action plans
- Referring clients to other healthcare professionals where appropriate
- Monitoring client responses to counselling, looking for signs of improvement
- ensuring my service adheres to the British Association for Counselling and Psychotherapy, the BACP's Ethical Framework, and all relevant legislation.

Currently working face to face mainly at The Awareness Centre; further information about my private practice can be found here

<https://theawarenesscentre.com/therapy-services/therapists/>

Or on Counselling directory, <https://www.counselling-directory.org.uk/counsellors/patrizia-vadala>

Since Jan 2016 I have been working in the capacity of Employment advisor for mental health, 4 years in a primary care setting and 1 year in a secondary care Community Mental Health Team; in various location across London:

IAPT South West London, St. George's NHS Trust,	March 2019 – Dec 2021
IPS/CMHT, Working Well Trust, ELFT, East London NHS Trust,	Dec 2017 – Feb 2019 IAPT
Twining enterprise, West London Mental Health NHS Trust,	Jan 2016 – Nov 2017

Delivering a range of services to enable people with mild or severe mental health problems to find employment, or retain their job.

This include assessing people and designate rapidly their main needs; listening to issues causing stress and anxiety, delivering an agreed action plan that includes all aspect of their wellbeing and monitoring progress towards it.

Meeting with clinical staff at least once every month for a review and assessment of clients. Liaising with the whole community in order to resolve my clients' issues and dissolve barriers, undergoing regular thorough supervision with management and monitoring outcomes very month; attending weekly team meeting discussing cases and best practice.

Main skills and responsibilities:

1. Engage people with mental health problems and establish trusting, collaborative relationships.
2. Assess clients' employment support needs; implementing and adjusting employment plans as necessary to support each client's desired outcomes.
3. Collaborative with community partners to raise awareness of employment and mental health issues and promote to access the service.
4. Maintain accurate and up to date records of activity and outcomes in line with service requirements.
5. Effectively manage own caseload of clients; monitoring, reviewing and reporting activity and outcomes in line with service targets.
6. Receive regular supervision and training to meet individual, team and organisation needs.

Trainer and teacher, School of Gestalt Psychotherapy, Italy
Feb 2011 – Nov 2015

Teaching at the second year course of the Diploma Course in Gestalt Integrated Techniques Counselling, running various workshops, seminars and weekly lessons.
Running 1-2 day workshop for the clinic and for external schools and organisations, based on different wellbeing topics.

Volunteering roles

Volunteer counsellor, Mind, Richmond	April 2018 – Dec 2021
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Practicing once evening a week and undertaking all peer and 1-2-1 supervision or safeguarding training necessary.
Providing both long or short term therapy, on 1-2-1 sessions.

Education

2012, Postgraduate diploma in Gestalt Integrated Counselling, Genoa, Italy (checked by BACP)
2012, Certificate in Drama Therapy, Italian National Health Services, Italy
1999, BA, honours, 110 e lode, (First) in Foreign Languages and English Literature, University of Genoa, with statement of comparability by UK-NARIC

Individual BACP membership n.687767 since April 2015, Registered member since September 2015, certificate n. 145830

Accredited with CNCP (equivalent of the British body for Counsellors) as Professional Counsellor n. 7406 since January 2013.

IEP, Institute of Employability Professionals, London, member since Nov 2017

Main Trainings and CPDs

- Attachment-based family therapy (ABFT), dr. Guy Diamond, London, London 2018
- Intensive training in treating dissociative disorders, dr. Kathy Steele MN, London, (3 threedays workshops, Sept, Nov, Dec, 2018)
- Accelerated Experiential Dynamic Psychotherapy (AEDP) training First Level, full immersion course taught by Dr. Diana Fosha, London 2018
- Interpersonal Neurobiology, How Make Psychotherapy work?, Dr. Daniel Siegel, London, 2018
- Attachment and Trauma, 3-days workshop ISC International, 2017
- Adult Safeguarding Lev 1 -2, E-learning NHS, 2018
- Motivational Interview, 2-day workshop, MINT, 2017
- CBT, an introduction, Hounslow IAPT, 2017
- Attachment and Trauma, 3-days workshop ISC International, 2017
- MHFA, British standard Guideline on Mental Health illnesses, 2016
- Mind and Body Integration, Institute of Gestalt Psychotherapy, 2015
- Mind and Body Integration, Energy awareness, mindfulness, 2014

Employability trainings

- Employer Engagement Training 2-day workshop, Enable, Mental health employment 2018
- IPS – Doing what works Training 2 day workshop, Centre for Mental health, London 2018
- Universal credit: main purposes and rules, Twining enterprise and Hounslow JCP, 2017
- Benefit and better-off calculation, Hounslow JCP, 2017
- Employer engagement, 2-day workshop, Twining Enterprise, 2017
- Employability skills, 3-day workshop, Tina Rycroft, The Plus Team Training, 2017
- Motivational Interview, 2-day workshop, MINT, 2017