

Novelette Aldred

Affiliate Counsellor For a National Health Service Union

W: <http://www.worky.com/novelette-aldred>

Novelette Aldred's Professional Experience

2010 - Present **For a National Health Union - Affiliate Counsellor**
Short-term counselling telephone and face to face using CORE on-line recorded measurements and evaluations system.

2005 - Present **Tranquility Counselling Service - Counsellor Psychotherapist & Manager**
I have done long and short term contracts for the private and public sectors.
I have written, designed and delivered training courses, also I have delivered courses designed by other organisations e.g. Strengthening Families and Strengthening Communities and the Mental Health First Aid.
I do face to face, telephone and Skype counselling with all the paperwork, or on line Core system as needed.

Key Skills first aid, Contracts

1997 - Present **Freelance Therapist and Trainer**
I counsel individuals, couples and small family groups, face to face, telephone and Skype.
I train small and large groups therapeutically or mental well-being related e.g. Successful Marriages, Loss and Bereavement and Mental Health First Aid.

Key Skills first aid, first aid

Novelette Aldred's Education and Qualifications

2004 **Masters/PostGrad - Master of Science (MSc), Integrative Counselling & Psychotherapy Birmingham City University**

I gained a wealth of experience and understanding in the art of communicating and enhanced my listening skills. I have understood about how individuals frames of reference impact their views and therefore their outlook on life. From my learning I have chosen to work holistically with people as individuals and in groups.

**Bachelor/Degree - ,
Ladbroke Grove, London**

Novelette Aldred's Additional Information

Links

Linkedin Profile - <http://www.linkedin.com/pub/novelette-aldred/63/265/a86>
