



ABOUT ME

My name is Stephanie.
I used to go to Headlands and now I am a Trainee Counselling Psychologist.

ABOUT MY JOB

As a Trainee Counselling Psychologist in my final year of study, I enter different work settings, such as schools, prisons, GP surgeries, residential units and health centres to provide psychological assessments and tailored treatment.

I look at the inner workings of an individual's presenting problem and find out what led up to this issue and how it may be managed.

Sometimes this means working with very young children, sometimes those in the latter stage of their life, sometimes couple work and sometimes groups.

I work with people who are diagnosed with depression, anxiety, body image issues, eating disorders, phobias, psychosis, bi-polar, personality disorders, PTSD, OCD, addictions and a whole host of other issues.

SCHOOL RESULTS

I left Headlands in 2009 with 10.5 GCSEs, including Chinese, as at the time you could self-teach yourself Religious Studies and take Chinese as well. There were five of us in the Chinese class.

FAVOURITE MEMORIES

I have many favourite memories, making a wooden aeroplane in woodwork, learning about Of Mice And Men in English, and taking time out to do some painting with Mrs Nind in Art class.

WHAT I DID NEXT

I went on to Scarborough Sixth Form to complete my A-Levels, then went to Sheffield Hallam University to complete my undergraduate degree, when finishing I spent two years gaining the experience to apply for the masters degree by working at a psychiatric unit.

When I had gained that experience I applied to the University of Edinburgh to complete a PG certificate in counselling and a further Masters degree in Counselling and Psychotherapy.

To be accredited as a Psychologist, I needed to complete a doctorate I was successful in gaining one of only 20 places at Glasgow Caledonian University.

I am currently in my last year of eight in total years at university. After finishing I plan to take a year out to travel before moving to New York for a couple of years to pursue providing therapy over there.

MY ADVICE TO STUDENTS

If you want to be a psychologist, be prepared for a long haul, this isn't for the faint hearted, but if you want something so much you will get there, no matter how long it takes.

Also, one of the greatest things I was ever taught was 'be a fool for a minute, rather than a lifetime', which essentially means, if you are sat there in class unsure of how to ask, or think others will snigger, you will be a fool for a lifetime, so ask that question, because in that moment you are the only one stopping you.



HEADLANDS
SCHOOL

PRIDE ASPIRE RESPECT