

## **Curriculum Vitae Anita Chellamah-Nurse**

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### **EXPERIENCE**

#### **Currently Private Practice 2023 Referrals from;**

**The Priory**-Delivering The Trauma Programme /Preparing Clients for and supporting them after Trauma programme/Supervising Therapists delivering Trauma Programme/Seeing Clients for 1-1 therapy (Addiction/Trauma)

**UKAT The London Clinic**- Delivering Step Down Programme for Clients coming out of Residential Addiction Treatment and Delivering Family Programme

**Castle Craig +CATCH**-Working with Clients for 12 weeks or more after coming out of Primary Treatment/ delivering groups

**Forest Therapy Centre**-Working with clients with and affected by Childhood Trauma/ Addiction/

**Prime Counselling Life Coaching**-Delivering 8 week DBT Programme for Groups and 4 week 1-1 DBT Sessions

**Psychiatrists** -From various places I have worked

**CHANGING PATHWAYS January 2022-January 2023**  
**A Domestic Abuse Charity In South and South West Essex**

#### **THERAPEUTIC LEAD**

**Launching new Therapeutic Treatment programme Implementing and delivering 3 Stage Treatment Plan**

Implementing and delivering Dialectical Behaviour Programmes(DBT) for Staff Refuge and Outreach  
Implementing and delivering Post Induction Trauma Therapy (PIT)for staff Refuge and Outreach  
Recruiting and Supervising Counselling Team and providing and delivering counselling for DAP and IDVA staff when needed

**GORDON MOODY TREATMENT CENTRE June 2022-Present**

**Male Gambling Addiction Treatment Centre**

Delivering 1-1 counselling sessions for the clients after leaving Treatment

**THE PRIORY HOSPITAL NORTH LONDON)October 2019-December 2021**

**Addiction Treatment Programme and Trauma Programme October 2019-december 2021**

**Trauma Lead**

Delivering 5 day PIT(Post Induction Trauma Therapy)by Assessing and Liasing with Clients, Psychiatrists, Dr's ,Therapists and providing Rota, supplies arranging food for monthly 5 day Trauma programme over 5 days

Delivered the Programme as a Therapist

Facilitated Trauma Aftercare

### **Addiction Treatment Programme Therapist(ATP)**

Delivered Groupwork,Focal Counselling,Dialectical Behaviour Therapy(DBT)

Family Group,Conjoints,Drame and addiction group Assessments

Supervision to new staff in Hospital to facilitate their understanding of The Addiction Treatment Programme

### **PRIVATE CLIENTS**

Referred from Psychiatrists ,Therapists ,Hospitals Organisations

Covering: Addiction (alcohol, drugs, sex, gambling), eating disorders, abuse (sexual, physical, emotional), depression, anxiety, relationship issues, trauma, bereavement and loss.

### **CHANGING PATHWAYS**

#### **Domestic Abuse Charity-April 2021**

Presented 7 sessions on film for for Groupwork meditation and 1-1 work to be used in refuges and on personal devices to facilitate understanding through Psycho-Education and promote healing from impact of Domestic Abuse

### **UKAT ADDICTION TREATMENT CENTRES**

#### **SANCTUARY LODGE(Flagship of UKAT Treatment Centres)Addiction Therapist DBT /Aftercare/Alumni Lead**

#### **Residential primary Treatment Centre December 2015 -September 2019**

Addictions Therapist

Group work ,12 StepTreatment , 1-1 counselling , Lead Dialectical Behaviour Therapist (DBT)

delivering rolling 4 week programme , Lead Aftercare Therapist, Relaxation, Auricular Acupuncture, EFT, Family Group , Conjoint's, Drama Group, Music Group

Liaising with outside Agencies

### **ONE NORTH EAST and WACS Counsellor**

#### **Abstinence based treatment centre – September 2005 – April 2022**

Counsellor – Group sessions, one to one counselling and assessments within 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> stages.

NE Teens – School presentations and Q & A sessions exploring addiction issues affecting young people.

Interagency Recovery group at Ilford Chambers, working with clients exploring the effects of addiction and abstinence based recovery

### **BLenheim R3 (New Project April2015-December 2015)**

Set up and delivered with fellow counsellor Abstinence based Groups

1-1 sessions

Project Worker

## **CDC) CHEMICAL DEPENDENCY CENTRE– May 1998 – 2000**

- Hope House, Female Abstinence 2<sup>nd</sup> stage treatment centre  
Counsellor/Project Worker – Case management, counselling, support and care to clients both individually and collectively
- Thurston House, Male 2<sup>nd</sup> stage treatment centre – Drama Facilitator (using drama to explore issues of addiction and recovery)

## **DAF (Drug and Alcohol Foundation) – February 1997 – December 1999**

- Voluntary Counsellor – One to one counselling sessions
- Education Presenter, January 1999 – December 2000 Paid  
School presentations including a three month tour in South East London presenting project called Wise Up for students exploring issues affecting young people regarding alcohol and drugs.

## **EYCIS (Ealing Youth Counselling and Information Service 14 to 21 years) – February 1996 – December 1996**

- Voluntary Counsellor – One to one counselling sessions
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## **LONDON LIGHTHOUSE– centre for people affected by HIV and Aids – January 1990 – February 1997**

- **Residential Unit Assistant** – Working as part of a caring team of the residential unit giving care and support to residents, partners, families and friends
- **Drama Facilitator** – Using drama to explore issues for people affected by HIV and Aids
- **Exercise Instructor** – Facilitating exercise classes for people affected by HIV and Aids

## **COUNSELLING QUALIFICATION**

**ROEHAMPTON INSTITUTE WHITELANDS COLLEGE**– Diploma in Humanistic (Person centred) Counselling

## **COUNSELLING TRAINING AND COURSES**

**Sarah Bridge**                      Advanced Experiential Trauma Training(PIT2)  
**Chris John**

**The Meadows**                      Post Induction Trauma Therapy(PIT) Sarah Bridge and Deidre Stewart

<b>Sanctuary Lodge.</b>	DBT( Dialectical Behaviour Therapy ) Arise Intervention Training Congress of Attachment and Trauma Auricular Acupuncture Icaad
<b>1NE(formerly WACS)</b>	Drugs awareness Group Processes Clinical Assessment Framework (CAF) Training Confer Training – psychodynamic approach to eating disorders
<b>DAF</b>	Equal opportunities Endings
<b>Ealing Youth Counselling</b>	Counselling young People Sexual Abuse Racism and psychotherapy Differences between person centred and psychodynamic counselling
<b>Roehampton College</b>	Racism workshop Cross cultural values Grief and loss counselling Transpersonal (Psycho-Spiritual) workshop Body (Biogenetic) workshop
<b>London Lighthouse HIV and AIDS</b>	Solution focused brief therapy Counselling the dying Developing counselling skills  Death and bereavement Care of the dying Working with children affected by HIV and Aids Gender and sexuality Deaf awareness Group work and facilitation Nursing skills Equal opportunities Grief and loss Massage course First aid course

#### **ADDITIONAL INFORMATION**

I originally worked as a dancer, singer, actress, presenter and published song writer in various stage, television and film productions as well as touring and having hit singles and albums with several bands. This gave me the opportunity to work in different countries, interacting with people from diverse cultures.

