

LYDIA PELL

QUALIFICATIONS

CANDIDATE FOR PHD

Creating Dads project - developing arts based psychological interventions to help father and family wellbeing

**INSTITUTE OF HEALTH,
UNIVERSITY OF CUMBRIA** | 2020-2025 FUNDED BY NIHR

LEVEL 5, LEADERSHIP AND MANAGEMENT

CMI | 2016

MASTER OF ARTS, ART PSYCHOTHERAPY

UNIVERSITY OF WESTERN SYDNEY | 2008

BACHELOR OF ARTS, ART AND PSYCHOLOGY

CHESTER COLLEGE, UNIVERSITY OF LIVERPOOL | 2002

TRAINING SUMMARY

- Healing Trauma with Guided Drawing.
- Children's Accelerated trauma technique.
- Certificate in Online and Telephone Counselling
- Single Session Therapy, Principles and Practice, Online events, Windy Dryden.
- Working with teams online during the covid-19 pandemic
- How to do counselling online: A coronavirus Primer.
- Working with LGBT youth and intersectionality
- Level 3 Designated Safeguarding Lead
- Leadership and Management in Higher Education
- Applied suicide intervention training skills (ASIST)
- Solution focused Coaching
- Discovering Leadership in Management.
- Working with Others, Organisations and Leadership.
- Foundation in Cognitive Behaviour Therapy.
- Solution focused approaches

CONTACT DETAILS

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RECENT WORK EXPERIENCE

PRIVATE PRACTICE: CREATING MINDS

SEPTEMBER 2020 - CURRENT

- Consultant for whole organisational approach to wellbeing including coaching, supervision, mentoring; Art Psychotherapy for fathers and families
- Artist - Resident at Studio 9, Allendale Forge Studios
- Project Lead - Arts Social Prescribing in Higher Education

DEPUTY DIRECTOR OF STUDENT SERVICES (INTERIM)

APRIL 2021-SEPTEMBER 2022

- Led department with £5 million budget
- Provided leadership to ensure delivery of a range of high quality, innovative and pro-active student services to enhance the student experience, develop health gain and support student success.

OTHER WORK EXPERIENCE

HEAD OF STUDENT ADVICE AND WELLBEING

SOAS, UNIVERSITY OF LONDON | OCT 2018 - JANUARY 2021

DEPUTY HEAD OF STUDENT COUNSELLING AND MENTAL HEALTH

CITY, UNIVERSITY OF LONDON | 2014 - 2018

MENTAL HEALTH CO-ORDINATOR

UNIVERSITY OF EAST ANGLIA | JULY 2010 - MAR 2014

SOCIAL AND EMOTIONAL LEARNING ADVISOR

CAMBRIDGE REGIONAL COLLEGE | JULY 2009 -JULY 2010

BEHAVIOUR MANAGER, LEARN2LEARN CENTRE

MANOR COMMUNITY COLLEGE, CAMBRIDGE | JULY 2008 - JULY 2009

RETAIL ASSISTANT

ARCADIA GALLERY AND SHOP | 2008-2009

ACTIVITIES CO-ORDINATOR

SHIREBROOK CARE GROUP | JAN 2008 - JULY 2008

DISABILITY SUPPORT WORKER

MSSA, SYDNEY | 2006 - 2008

ENGLISH LANGUAGE TEACHER

BRAINY ENGLISH LANGUAGE SCHOOL, SOUTH KOREA | 2004-2005

SUPPORT WORKER & KEY WORKER

GARVALD CENTRE, EDINBURGH | 2002-2004

RETAIL ROLES IN A RANGE OF SETTINGS INCLUDING MILINARY, CLOTHING, AND DEPARTMENT STORES

1997-2002

VOLUNTARY WORK

JOINT CO-ORDINATOR (SPECIAL INTEREST GROUP CHILDREN & FAMILIES)

BAAT | 2021-2023

CHAIR OF BOARD OF TRUSTEES 2013 TO 2017

TRUSTEE 2017- ONGOING

UMHAN (UNIVERSITY MENTAL HEALTH ADVISORS AND MENTORS NETWORK) | 2013-2021

Raised profile and voice of UMHAN as membership body at national level (#stepchange). Gained CIO charity status, growing from a small network of 40 practitioners to become the member body for 400 mentors and mental health advisors when Chair, and now at over 700 members and 3 employees.

TRAINEE ART THERAPIST

WESLEY PRIVATE PSYCHIATRIC HOSPITAL | 2007

TRAINEE ART THERAPIST

TED NOFFS FOUNDATION | 2006