

# Curriculum Vitae

**FORENAMES:** Monica Izabela

**SURNAME:** Eros

**Date of Birth:** 02/04/86

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## WORK EXPERIENCE

Aug 2016- Present: **Relationship counsellor**, Relate North-West London

My responsibilities consist in developing a therapeutic relationship that enables couples to find solutions to the problems that brought them to counselling, helping them understand their couple fit and developing ways of better functioning. I use an integrative approach mostly based on systemic family therapy and psychodynamic ideas.

Jan 2016- Present: **Relationship and Individual counsellor** in private practice, Central London

My responsibilities consist in taking up referrals for individual and/or relationship, family counselling and managing my own caseload. Using an integrative approach mainly based on systemic family therapy, person centred and CBT ideas I offer counselling service both face to face and online. Also, I have worked with clients that have experienced bereavement and addictions.

Jan 2015- Jan 2016: **Bereavement counsellor** at CARIS Islington, London

My responsibilities consist in taking up referrals of bereaved clients and offering them one to one bereavement counselling. At the end of the counselling period, I have to complete a report of my work that has been supervised by a senior counsellor throughout the entire process. I am also a part of the Board of Trustees of CARIS Islington, with the responsibility to attend meetings about the functioning of the service and take a vote when new approaches are implemented.

Nov 2014- Present: **Systemic practitioner volunteer** with the Multi-Agency Liaison Team, MALT Camden, The Tavistock and Portman NHS Foundation Trust, London

My duties and responsibilities range from meeting and greeting families, leading sessions of family systemic therapy, alongside my supervisor, being a part of a reflecting team, offering notes and write-ups to be used in assessments, participating in planning meetings with the rest of the team, participating in home visits and case conferences, offering cultural consultancy and interpreting (Romanian language).

June 2014- Sept 2014: **Volunteer befriending elderly people** on "The Knitting Club" Programme, AGE UK, Chelsea and Kensington, London

My responsibilities ranged from being a part of "The Knitting Club" Programme to helping out the event coordinator set up. I used to visit elderly people in a residence home and for a morning a week we used knitting as a context to have tea together and socialise.

Sept 2012 – July 2013: **Teaching Assistant (Early Years – Pre School)** with responsibility for Risk Assessments, Health and Safety and lesson preparation. North London Montessori School, 48 Flower Lane, Mill Hill, London NW7 2JL.

My responsibilities at the nursery were:

- Planning the activities for the day/ week in course
- Preparing the environment to achieve the learning intentions
- Doing the risk assessment, health and safety
- Engaging in the children's play and educational activities like reading, singing, exploring the environment, etc.
- Making observations (5 minutes observations and daily activities observations) and interpreting them
- Engaging with the parents at pick up time

Oct 2011 – July 2012: **1:1 Support Volunteer** (child interaction and social anxiety focus). North London Montessori School.

Apr 2009 – Oct 2010: **Psychologist and Social Programme Coordinator (disadvantaged & disabled adults, vulnerable children, HIV patients)**. Crisdu Areopagus Non-Governmental Organisation (NGO). Timisoara, Romania.

My duties and responsibilities were focused on working with disadvantaged & disabled adults, vulnerable children, HIV patients and ranged from: Selecting, training, organizing and coordinating the volunteers for the assistance programme for the socially disadvantaged persons, providing individual counselling and group counselling for socially disadvantaged people, weekly visits to the children's hospital where I offered counselling and financial aid to HIV+ patients and their families to organising special events (birthdays, Christmas parties etc) for the HIV+ beneficiaries and single-entry bookkeeping and financial administration for the coordinated social projects.

Apr 2009 – Oct 2010: **Teacher of English (Beginners) to adults and children**. Part-time (weekends and evening classes). The Areopagus Centre for Christian Studies and Contemporary Culture.

As a teacher I was responsible with initial and final assessments, preparing conversational and interactive lessons and meeting up with students aged between 3 years old to 64 years old.

2008-2010 (p/t): **Hospice Volunteer and Counsellor**. Catholic Hospice of Divine Mercy, Caritas Federation, Diocese of Timisoara.

At the Hospice I had contact and did counselling with terminally ill patients and their families.

Other - Present: **Group Leader** (Social and spiritual interaction), Hillsong Christian Church, London. Following on from modular graduation (4 units) from Veritas Bible College, affiliated to Philadelphia Church, Timisoara (2005-2007) I took up this role in order to encourage Social and Spiritual interaction between people from all walks of life.

### **NON EDUCATIONAL, PSYCHOLOGY AND VOLUNTEERING WORK EXPERIENCE**

Oct 2011 – Present: **Self Employed Nanny and family help**. -5 separate clients in North London. Various assignments live-out ranging from 2 months to 1.5 years.

## **PROFESSIONAL QUALIFICATIONS AND CERTIFICATES:**

May 2016: **UKESAD 2016 – 'UK and European Symposium on Addictive Disorders, BACP, London**

- May 2016: **Mental health Awareness training**, RELATE North West London
- May 2016: **Domestic violence and Abuse, Awareness and safety training**, RELATE North West London
- May 2016: **Child Protection and Safeguarding**, RELATE North West London
- Mar 2016- Apr 2016: **Understanding drugs and addictions**, King's Collage, London
- Mar 2016- Apr 2016: **Babies in Mind, Why the parent's mind matters**, The University of Warwick, Coventry
- Apr 2016: **OCTIA 2016 – 'Relational depth and emotional connection in online therapy'**, BACP, London
- Oct 2014- Dec 2014: **Bereavement counsellor training**, CARIS Islington, London
- Sept 2014- July 2015: **Post grad Degree** in Systemic Approaches with Individuals Families and Organisations, The Tavistock and Portman NHS Foundation Trust, London.
- Oct 2008 – July 2011: **Master's Degree in Family and Couple Counselling**. University of West Timisoara, Timis, Western Romania.
- Feb 2011 – Apr 2011: **Certificate of Graduation: Human Resources**. The County Agency for Employment, Hunedoara, CFP Petrosani, Western Romania.
- Apr 2009 – July 2011: **Graduate Diploma in Systemic Family Psychotherapy**. The Areopagus Institute of Family Therapy and Systemic Practice. Crisdu, Areopagus, Timisoara, Western Romania.
- Oct 2005 – July 2008: **Batchelor of Psychology**. University of West Timisoara. (Incorporating modules in: Fundamentals in Psychology, Neuropsychology, Sociology, History of Psychology, Neuro-cibernetics, Experimental Psychology, Developmental Psychology, Statistical Psychology, Educational Psychology, Labour and Personality Psychology, Cognitive Psychology, Career Counselling, Psychosexology, Cross-cultural Psychology & Organisational Psychology).
- Sep 2001 – July 2005: **International Baccalaureate Secondary Education** (Bilingual in both English and Romanian). I.C. Bratianu National College, Hateg, Hunedoara County.
- Romanian language (10 & 9.7), French language (10), Romanian history (9.7), English Language (8.3) & Philosophy (10).
- Certificate attesting Professional Competence in English Language**. (10.0) (May 2005)
- Secondary Standard Grades (equiv. to GCSE)**.
- Romanian language & literature, Universal literature, Modern languages (English and French), Latin language, Mathematics, Physics, Chemistry, Biology, World history, Geography, Logics, Psychology, Economics (entrepreneurship), Philosophy, Religious studies, Health education, Art and design, Physical education & Introduction into journalism.

**MISCELLANEOUS:**

Lecture on "What's the point? Young people, death and existential anxiety" held by Nick Luxmoore, psychotherapist, CARIS, Islington (Nov 2015)

**Certificate in Leadership**, Hillsong International Leadership College, King's College, LONDON (June 2013).

**Certificate of Participation:** The International Conference "Counselling, Faith and Professionalism: The Role of Christian Values in Specialised Counselling." (June 2011)

**Certificate of Completion:** The HIV Training & Resource Initiative. HIVTRI.com (June 2010)

**Diploma of Participation:** Methods and Techniques in Systemic Family Therapy. Institute of Family Therapy & Systemic Practice, Areopagus, Timisoara. (July 2009)

**Languages:** I am a fluent speaker and writer of English and Romanian and I retain conversational Spanish, Italian and French.

**PERSONAL STATEMENT:**

I would describe myself as a hardworking, ambitious and independent person who loves to take on new challenges and meet new people from all different walks of life.

I hope that my CV gives a good appreciation of my experience in the fields of psychology and working with children and adults. It has always been a passion of mine to work with disadvantaged people and those who are facing difficult moments in their life: My aim is to broaden my own knowledge and use my skills to forge a career where I can help and enhance lives.

When I am not working in London, I love to spend my time serving in church and travelling around the UK and the rest of Europe. I have a close-knit family and group of friends and we regularly socialise and explore all of the cultural opportunities such as the theatres and restaurants that London has to offer.

**References:** Present day employment: CARIS ISALINGTON: Ms Lydia Constantinou, [carisislington@yahoo.co.uk](mailto:carisislington@yahoo.co.uk), 020 7281 5200 MALT Camden: Mr David Amias, Senior Family Therapist, [David.Amias@camden.gov.uk](mailto:David.Amias@camden.gov.uk), 07795452470