

# Curriculum Vitae



## PERSONAL INFORMATION

NAME : TERESA Pui Yee, MAN  
MOBILE : 07782396444  
E-MAIL : [teresa.cbtclini@gmail.com](mailto:teresa.cbtclini@gmail.com)  
YEAR OF BIRTH: 1971  
RELIGION : Catholic  
Website : <https://nationalcounsellingsociety.org/counsellors/ncs21-00863>



## SUMMARY OF SKILLS

- Psychological counsellor/therapist in UK since Sept 2021, worked with over 200 clients in UK, serving teenagers and adults from all walks of life.
- Enhanced DBS Certificate Number 001855361470 dated 8 November 2023
- Level 6 Post-graduate Counselling Degree, with over 13 years of demonstrable counselling experience specializing those suffering with anxiety and depression.
- UK Accredited Professional Member, National Counselling Society (NCS21-00863) and Certified Counsellor, Hong Kong Professional Counselling Association (M671)
- Provide psychological counselling service at Joyful (Mental Health) Foundation during 2015 to 2020.
- Undertook private and group counselling at Caritas Mental Health Project
- Professional consultant with 15 years experience as planning specialist and over 2 years as educational consultant

## ACADEMIC QUALIFICATIONS

Bachelor of Religious Studies, Pontifical Urbaniana University	2016
Master in Guidance and Counselling, Hong Kong Polytechnic University	2010
Foundation Course in Counselling, Hong Kong Shue Yan University	2008
Diploma in Catechetical Training, Hong Kong Diocesan Catechetical Centre	2002
Master of Science in Urban Planning, The University of Hong Kong	1997
Bachelor of Business in Transport and Logistics Management, Royal Melbourne Institute of Technology, Australia	1994

## PROFESSIONAL QUALIFICATIONS/ TRAINING

Certified Clinical Trauma Professional (CCTP), Evergreen Certifications	2023
UK Accredited Professional Member, National Counselling Society (NCS21-00863)	2021
Guided Imagery, University of Minnesota	2021
Diploma in Clinical Logotherapy, Victor Frankl Institute of Ireland	2021
Certified Counsellor, Hong Kong Professional Counselling Association (M671)	2016
Narrative Ways of Working with Groups and Communities, Dulwich Centre	2008
Associate Trainer in Identity Mapping™ and The Four Ways System™, Personality Resources International (Canada)	2007

## Curriculum Vitae

---

### EMPLOYMENT HISTORY

**May – Sept 2024**

#### **Health Assured**

Working as a Wellbeing counsellor at the 24/7 helpline, I provided support to individuals facing a range of challenges, including at-risk clients. My main responsibilities include but not limited to:

- conduct thorough clinical assessments and deliver solution-focused counselling
- triaging phone calls and emails to internal departments and external bodies
- providing emotional support with administrative services including signposting to relevant services.
- Highly competence in the use of various computerised database systems to maintain accurate electronic records.

**2021 – 2024**

#### **Onebright/ Betterhelp/ Private Practice**

Working as an on-line remote/ face-to-face counsellor to deliver mental healthcare for individuals, with a varied mix of clients presenting problems. Since I have relocated my counselling service in UK in 2021, I have successfully discharged over 200 clients with extremely positive feedbacks from my clients. My main responsibilities include but not limited to:

- Support clients on 1:1 counselling using various therapeutic interventions, both in person and remotely
- Assessing and managing risk of clients as required during the time-limited therapeutic period.
- Working in adherence to professional standards and compliance with regulatory framework.
- Sign-post for alternative mental health provision, where short-term counselling is not sufficient, liaise with GPs and other NHS services as appropriate.

**2015 – 2020**

#### **Joyful (Mental Health) Foundation**

Working as a psychological counsellor that involved providing time-limited counselling service to both 1:1 or group situations (family therapy). Experienced in working with a diverse range of clients with complex and emotionally charged situations. Ability to work as part of a team and build effective working relationships with a wide range of colleagues within the organisation. As I am specialised in Family Systems Therapy, a lot of my clients will bring their children from different ages, including students from primary school to college students, whom I had worked as 1:1 with their children's issues and concerns.

**2011 – 2015**

#### **Caritas (Mental Health Unit)**

Responsible for executing group counselling workshops and individual counselling cases mainly using strength based approach. I also designed and facilitated enrichment programmes/workshops such as "The Art of Interpersonal Skills at Workplace" and "Shining Myself and Others" that included provision of coping strategies and offered effective communication skills to empower those who struggle to rebuild their new lives.

## Curriculum Vitae

---

**2008 – 2014**

### **Mott MacDonald Hong Kong Limited (Part-time)**

Mainly involved in transportation and urban planning projects with considerable experience in planning, administrative, database management and communication skills.

**2007 - 2010**

### **Jump Start Solutions (Asia) Limited**

I had been the Director of the Jump Start Solutions (Asia) Limited which was the Hong Kong branch office of The Jump Start Solutions (Canada) Inc., specializing in the discovery of one's talents and strengths by applying techniques such as Identity Mapping™ and the Four Ways System™. I was involved in carrying out and designed many school programs for primary and secondary schools, as well a business training workshops using Identity Mapping™ techniques.

**2006 - 2007**

### **DELCAN Corporation (Canada)**

I had been a major player in transportation and urban planning, involved considerable experience in planning, administrative, database management and communication skills.

**1997 - 2005**

### **LLA Consultancy Limited (Hong Kong)**

I was the project planner and had held key managerial role for the assessment of traffic impacts which involved considerable experience in planning, administrative, database management and communication skills.

**1994 - 1997**

### **Ove Arup & Partners Hong Kong Limited**

Being the project planner, I was responsible for carrying out various projects for Transport Department and private sectors which involved considerable experience in planning, administrative, database management and communication skills.

## **COMPUTER SKILLS :**

- Proficient in computer skills using programs such as Microsoft Teams, Zoom, Microsoft Word, Microsoft Excel, Access, PowerPoint. Proficient in creating complex reports using Microsoft Word, Excel and other database systems.

## **REFEREES:**

1. Ms Debbie Nolan: UK current supervisor (from Nov 2023 onwards) Accredited Registrant Member of the Association of Christian Counsellors. Tel: +44 7813 172933; Email: [corazoncounselling@gmail.com](mailto:corazoncounselling@gmail.com)
2. Ms Lorraine Cookson: UK current supervisor (from March 2023 to Oct 2023). Senior Accredited Registrant Member of the National Counselling Society and a Professional Member of the Association of Counselling and Therapy Online. Tel: +44 7809 385 374 ; Email: [info@lorrainecookson.co.uk](mailto:info@lorrainecookson.co.uk)
3. Ms Stephanie Kitt: UK previous supervisor (from Sept 2021 to Feb 2023) . BACP Accredited supervisor. Contact Tel: +44 7725 356 460; Email: [Stephfish2003@yahoo.co.uk](mailto:Stephfish2003@yahoo.co.uk)
4. Ms April Lam: Previous Hong Kong supervisor. HKPCA Certified Supervisor (Membership no. AP103), Hong Kong Registered Social Worker (Registration no. 03001). Contact Tel: +852 9101 5261; Email: [aprilsylam@gmail.com](mailto:aprilsylam@gmail.com)
5. Ms Alice Wong, Line Manager. The Chairperson of Joyful (Mental Health) Foundation, Contact Tel: +852 2947 8669; Email: [joyful@jmhf.org](mailto:joyful@jmhf.org)