

VOLUNTEER APPLICATION FORM

Position Applied For: Volunteer Counsellor

Contact Details		
Name	John DRAY	
Home Address	14 Heol Fach, Caerbryn, Ammanford	
Postcode	SA18 3DJ	
Email	john@flirdy.co.uk	
Telephone	Home	01269 850976
	Work	
	Mobile	07980000829
Contact in case of an emergency	Name: Gwilym Roberts Relationship: Friend Telephone number(s): 07787 513984 Address: Ty Llwyd Fach, Thornhill Road. Cwmgwili, SA14 6PT	

Education & Training			
Qualifications			
Qualification Title	College/University	Dates: From	To
Bachelor Degree (Honours) in Physics (BSc)	St Chad's College/Durham	1984	1987
Bachelor Degree (Honours) in Theology (BTh)	St Stephen's House/Oxford	1992	1995
Post Graduate Diploma in Psychotherapy Completed year 1 and I have started on year 2	Welsh Psychotherapy Institute	2022	ongoing
Other Related Qualifications & Training			
Qualification/Course Title	Details (e.g. organising bodies)	Date gained	
Transactional Analysis 101	UKATA	7/9/2019	8/9/2019
Certificate in Drug Awareness (Course Code EP3135)	North Tyneside College	2000	

Employment, Work & Voluntary Experience			
<i>Please give details of any relevant employment, work experience or voluntary work</i>			
Following university, I took a year working as a Parish Assistant in a South London parish. (1987-88) I attended the Aston Training Scheme before going to Theological College. This entailed experiential weekends as well as taking an Open University course in Social Science. The Bachelor of Theology (BTh honours) course at Oxford was a course designed to develop practical skills in potential clergy, as well as being academically rigorous. Within the course were modules on ethics and psychology, as well as more traditional theological course elements such as bible study, systematic theology, spirituality, church history, liturgy and so on. The course covered psychology superficially. At that time, the preferred way of counselling in the parish was person-centred. (1992-5) Having completed the course, I was ordained. The work was of a pastoral nature. The main opportunities for counselling were when meeting recently bereaved people, while simultaneously looking at funeral arrangements. The funeral itself is an important stage in the recognition of the reality of the death of someone – being an opportunity to mark that critical stage in the life process, as well as confronting those in attendance with their own mortality. (1995-2005) I work in the IT sector. I enjoyed much of that, especially the technical challenges and the working with people. In the last decade, I have moved to working with charities and the greatest ‘buzz’ I get from working them is in helping them work more effectively... so that they can help more people on their limited resources. I do this through my own company, Cloud Genius Ltd. When suffering with anxiety/depression (2011) it was suggested that I attend a Happiness and Wellbeing program run by Julia Coggins of Voluntary Services Lewisham. This was an 8 week course based on positive psychology. The majority of the course was talks and group work, but each attendee received mentoring as well. After attending the course, on future iterations I became a mentor on the program and, subsequently a leader of the course. I also attended a Mental Health First Aid course through Voluntary Services Lewisham. (approx. 2012)			
Languages			
English	Welsh	Other (please specify language[s]):	
Written: Fluent	Written: Basic	Written: Basic/Fluent	
Verbal: Fluent	Verbal: Basic	Verbal: Basic/Fluent	

Tell us a bit about you...
<i>Why would you would like to volunteer with New Pathways?</i> I am aware of the way that traumatic events have affected my own life. I know the pain this has caused. From this I want to be able to hold a safe space where people can safely and gently work with their trauma. Through this it is my hope that they will discover support and resources within themselves that help them live with the effects of trauma and find healing. Help victims of sexual abuse achieve justice through the legal system. Learn to work with trauma and sexual abuse in a supportive and professional setting, as a foundation for my

own work as a developing psychotherapist.

Describe any fears, worries, concerns about working with New Pathways

My biggest fears are those around re-traumatising the client. I would expect that we will be working on this and how to generate a safe space for client and therapist. I also have fears about traumatising/re-traumatising myself and expect that the course and ongoing support will address both of these issues. Related to these concerns is ensuring that I work in a way with clients that does not affect their memories in a way that might undermine a conviction being brought against the perpetrator.

Other fears include those of ensuring that perpetrators are not able to engage with clients and/or the service (e.g. following me or a client home from the centre).

Have you identified any specific areas for personal development?

I have an interest in trauma and have been reading various works by Babette Rothschild and Bessel van der Kolk. These point to a lot of 'growing edges' for me. I have identified several unhelpful tendencies: wanting to hear the whole story from the client, when this may not be in their own interest; wanting to 'fix everything', when the client needs to go as slowly as the client need to go and this may be slower than they want to go; projecting onto the client issues from my past and seeing that these are my issues, not the client's. I am sure that these will be the subject of supervision and that in the process of supervision many more areas for personal development will come to light.

I have also been in abusive relationships and I need to take care that I adequately self-care when working with the traumas of others. Even writing that is bring up difficult sensations: I want to learn to work on that and with that. Realising that for those whose trauma is 'fresh' may experience far greater reticence on working with it, and their trauma may be orders of magnitude greater than mine.

What are your main ambitions/goals?

Learn how to hold a space that is safe for me and the client to work towards healing.

Become a more effective therapist.

Learn how to bracket client sessions, so that the matter does not significantly adversely affect my life outside of the sessions. At the same time realising that working with trauma can have a personal cost.

Any factors that may affect your volunteering with us? (Please describe if applicable)

Generally I have good health and will have good availability for volunteering. I also have use of a car.

I do have an allergy to chocolate/cocoa that may mean that I have to eat separately from those who are eating chocolate/drinking cocoa. That said, the allergy is well managed and I have not had a significant reaction in 30 years.

Any other comments...?

With my commitments to training with Welsh Psychotherapy Institute, I would have to miss 2 of the training weekends. However, I should be able to attend all of the rest of the course and I understand this meets with your requirements.

Your availability

New Pathways has multiple locations around South, West and Mid Wales. Please indicate which offices you would be able to volunteer at.

(Please delete as appropriate)

		X Carmarthen	
--	--	--------------	--

Please indicate below which days and times you would be available during the week.

Monday all day, Tuesday am, Thursday all day

References:

Please give details of two referees, one of which should be your present or most recent employer/tutor.

Referee 1	
Surname	Coggins
First Name(s)	Julia
Relationship	Friend
Organisation	
Address (inc Postcode)	Cedar View 2 Flitwick Road AmptHill MK45 2RL
Email	juliafcoggins@gmail.com
Telephone	07786 567027

Referee 2	
Surname	Wood Bevan
First Name(s)	Rosy
Relationship	Tutor
Organisation	Welsh Psychotherapy Institute Ltd.
Address (inc Postcode)	54 Charles Street, Cardiff. CF10 2GF
Email	rosy.w.b@welshpsychotherapy.org.uk
Telephone	02920 396998 (office)

DECLARATION:

I confirm that the information supplied by me in this application is complete and accurate to the best of my knowledge.

Signature of Applicant: ____J. Dray____

Date: __22/9/2023____

