

My Journey

Critical Reflections of Academic and Professional Practice
ECCP7001

Caitlin Montgomery 2000452

Personal Influences

In the workplace

- **My previous manager – Eunice Moyo**
(County council)



(Carmarthen County Council, 2024)

- **Project partner - Trish – Mathias Lloyd**
- (Hywel Dda health board)



(Nursing times, 2024)

Their passion for ensuring all individuals are trained to a high standard be working in the sectors to provide the best practice.

In further education..

Alison Rees Edwards – The passion for Additional Learning Needs
(Inspiration to think outside of the box)

Sioned Saer– The passion for legislating and policy (Inspired me to speak up and critically analyse things that are put in place)



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

(University of Wales saint trinity David, 2024)

Professional influences

Sally holland (Previous child commissioner)



(Childcomissioner, 2023)

Ole Ivar Lovaas (Inventor of Applied behaviour analysis)



(Abaconnect, 2018)

Learning opportunities

Ideas of what I wanted to do?

- Teacher – primary school (when I started)
- Play work and therapies (second year)
- Open my own nursery – based on Additional learning needs
- Specialise in Autism, OCD and ADHD
- Become a BCBA – Board certified Behaviour analysis
- Working with therapy
- Perinatal Child and family psychology



(FotoSearch,2023)

What sectors have I worked in?

- The local authority training early years staff and social care-based staff
- Residential facility for children with additional learning needs
- Nursery, Family centre , Mainstream school
- Specialised school for autism
- Mental health service for children and parents



(Clipartbest, 2023)

There can be no keener revelation of a society's soul than the way in which it treats its children.” — Nelson Mandela

What job roles have I completed?

- Working as a passenger assistant with – Additional learning needs
- Worked as a support worker with children in a residential home additional learning and physical needs
- Nursery nurse - promoted to baby group leader
- Worked as a lead play worker and then specialised with disadvantaged children and families
- Worked as a care service manager for children with autism (with high level challenging behaviour)
- Worked as a Senior teaching assistant and then got promoted to a teacher (Autism independent specialised school/ high level challenging behaviour)
- Working as psychological therapy assistant practitioner

What have I completed in education?

- Completed NVQ in business and management level 3
- Personal and Social development level 3
- Children's play, learning and development level 3
- Completed health and social care NVQ level 2 and 3
- Bachelor of arts Early Years Education and Care Practitioner Status (Level 4,5 and 6)



(Shutterstock, 2023)

- Completed training courses such as, Paediatric First aid Level 3

Positive behaviour Training Level 2, Adverse childhood Experiences, Safeguarding Children with Special Educational Needs, Domestic Violence and Abuse, ABA Theory Training

My Perspective

I went from wanting to be a part of the learning process, to I want to support and help them, to then feeling that I want to make the biggest difference that I can to that child, mother, father, brother, sister or family unit.’ - Caitlin Montgomery

This is who I am



(C. Montgomery: Personal Images, 2023).

What did I enjoy?

1. I enjoyed the pleasure of helping individuals who had barriers to their learning still accomplish what everybody finds natural.
2. I enjoyed work with disadvantaged children, as something that could be so little to someone else, could be a missive thing for another person.
3. I enjoyed working in an Applied Behaviour Analysis environment as it is a whole new world to teach in- including something I had never seen being done in a school.
4. I enjoyed studying my degree and learning in depth knowledge whilst working in practice.



(Clipartbest, 2024)

What didn't I enjoy? Why?

1. Mainstream schools were difficult for me as they had a set curriculum or ways of teaching and I felt as though each child was so different and had different ways of learning.
2. I didn't enjoy working in large multidisciplinary teams.
3. Being out in busy public places with high level challenging children.



Inspiration

“To assist a child, we must provide them with an environment which will enable them to develop freely” – Marina Montessori

Inspired ...

Twin girls (children) that had autism and obsessive-compulsive disorder that I have previously taught. Inspired me to never give up, although they had barriers that would stop them doing things that they wanted to do, they still managed to get it done in their own way.

(Gwenllian Education centre, 2024)



Theory and policy? Inspired my practice

I have been introduced to so many theories and policies whilst studying and throughout my career so far – I have always enjoyed getting to learn about why they were put in place.

These are all things that I used to use daily or still do in practice-

- Ettekal & Mahoney (2017) Bronfenbrenner theory- something I have always loved - often my jobs have worked around the family, environment as well as the child.
- Welsh Government (2023) Working together to Safeguarding children Act (2015)
- has made me so observant in all my jobs due to the vulnerabilities of the areas that I work in.
- UNICEF (2024) The United Nations Convention on the Rights of the Child - how many of you knew at 10/12/13 years old that these were your individual rights? I didn't that's for sure!



(Unsplash, 2019)

Culture ...

As an individual I specifically don't follow any culture but in the areas of work I have completed I have noticed the culture around special needs and the generational changes.

'They should be seen and not heard'

Often older individuals using old terminology that is discriminatory.



(Blogs.org, 2015)

This made me realise how accepting our generation was to things that do not look 'normal' and how much of a difference there was in the generations. Including the culture around individual that have special or physical needs.

This made me even more passionate about promoting what I did weather it was with mental health, physical ability and autism.

My approach to culture is trying to be as inclusive as possible.

NEXT STEPS?

What do I do right now?

Perinatal mental
health services:
what are they?



(Nurturey, 2021)



(C. Montgomery: Personal Image, 2023).



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

(Nursing times, 2024)

Where do I want to be?



(Shutterstock, 2023)

What are my goals?

SHORT- TERM	LONG -TERM
To fulfil my job duties and responsibilities to the best of my abilities.	To develop new/ more tailored psychological therapies for perinatal services.
To be the individual that can make a difference for others.	To get trained in other psychological therapies for parents and children
To be able to help and be there from the start to prevent any barriers to that child, mother, dad and family from a good quality of life.	To finish my current master's degree, possibly go onto to study a doctorate in Psychology with children and families.
To work up to the highest band that I can in my position.	To specialise in physical and mental health with pregnancy women and their infants.

What can I do to get me there?

- Assess what stage I am at now
- Understand what the correct next step
- To choose my further studying wisely
- Research what is available to me
- Continued professional development plan
- Discuss opportunities with my workplace



(Clipartpanda, 2020)

I have had consent from all the relevant organisations to share the images provided within this PowerPoint. Including the consent to discuss information from my current job role.

Thank you / Diolch

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