

CELESTE BRYANT

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32 Splott Road. Cardiff, United Kingdom.

OCCUPATIONAL THERAPIST

As a motivated occupational therapist with a strong background in mental health assessments and care, I bring a distinctive form of experience with volunteering as a Helpline adviser as well as a solid foundation for client centred care in Occupational therapy practices. My skill sets consists of a range of cognitive behavioural and sensory processing techniques that facilitates better client interactions. My current focus will be to advance my skill sets in paediatric occupational therapy where I can make the most impact through evidence based interventions to build and improve functional skills for daily life.

CORE SKILLS

- Well-developed organisational skills for patient and time management.
- Knowledge in Assistive technological devices such as screen readers and speech-to-text software applications.
- Developed and skilled in applying a range of CBT(cognitive behavioural therapy) skills to apply with patients.
- Trained in active Listening and Non-violent communication skills.
- Ability to collaborate with other Healthcare professionals to achieve a common goal.

PROFESSIONAL EXPERIENCE

Get Free Rehabilitation Center.

Oct, 2023 - Present.

Occupational Therapist.

- This role provided Occupational Therapy Services to both adult and children with a range of disabilities such as Autism, fine motor skills and sensory processing delay.
- Utilised a range of therapeutic techniques and interventions such as, Sensory integration therapy, Assistive technology intervention and cognitive rehabilitation all in a goal to assist patients with daily activities.
- Enacted personalised treatment plans to address certain goals, such as improving handwriting, Motor skills and social participation by hosting sessions for both patients and family.

South London & NHS foundation Trust.

Jan, 2022 - Aug, 2023.

Occupational Therapy Assistant.

- Shadowed with experienced occupational therapist honing my skills in active listening as well as understanding Non-violent communication methods and principles of transparency in communication with clients.
- Developed Basic IT and Administrative skills in producing Patients reports, creating Spreadsheet and maintaining database systems of patients records.
- Utilised Empathy and assertive communication when collaborating with healthcare professionals.

PAPYRUS UK.

July, 2020 - Aug, 2021.

Hopeline Adviser.

- Implemented suicide prevention and support workshops for teenagers aged 16-25 who have attempted suicide or lost loved ones to suicide.
- developing my professional judgement skills to assess the issues and service needs for patients who present with risk to life and report matters related to safeguarding.
- This role presented me with opportunities to train and mentor new recruits, hosting full training workshops on safeguarding and safety policies.

EXTRACURRICULAR ACTIVITIES.

Community Champion.

NoFit State community center.

Football coach.

Ginyard female under 16 team.

EDUCATION & LICENSING.

Registered As:

Health And Care Profession Council Registered.
(HCPC).

Royal College of occupation Therapist. (RCOT).

Bachelors of arts (BA) in psychology.

Swansea University. June, 2019.

REFERENCES.

Available upon Request.