



## Colette Copping – Senior Associate

### Personal Profile:

Senior Associate at LOD Care and Case Management Ltd.

In the formative years of my career I worked in the fashion industry and spent time travelling the world for work, living in both Tokyo and Melbourne. This provided me with extensive life experience and a broader understanding of different cultures and ways of life.

I went on to spend 10 years working at a leading litigation firm in the City of London who specialise in catastrophic brain and spinal injury claims. During this time, I developed a good understanding of the litigation process involved in these claims and built relationships with the clients and their families and gained an insight into the stress and anxieties that life changing injuries cause.

I am a hardworking and dedicated individual, committed to doing the best I can for the families that I am privileged to work with. I have excellent communication skills and I adapt well to my clients varying needs. I am calm under pressure, work well to deadlines and I have good crisis management skills. I enjoy working closely with my clients and their families and supporting them through what is often a challenging and difficult process and I get immense satisfaction from implementing therapy and support programs that enable my clients to enjoy a more fulfilling life.

### Experience:

- Case management:
- Psychotherapy:
- Hypnotherapy:

### Membership:

- The National Counselling Society – renewed annually
- The National Hypnotherapy Society – renewed annually
- Professional Standards Authority Accredited Register

### Personal Qualifications:

- Post Graduate Certificate in Cognitive Behavioural Therapy and Mindfulness
- Advanced Diploma in Psychotherapy, with Distinction (Accredited by the Royal College of Nursing)
- Diploma in Counselling (Accredited by the Royal College of Nursing)
- Diploma in Hypnotherapy and Counselling Skills

### Accredited Courses:

- Leadership and management
- Safeguarding
- Counselling young people
- Cyber bullying
- Suicide prevention and awareness
- Safeguarding vulnerable children

### Background:

Inspired by my experience at the law firm I decided to train as an Integrative Psychotherapist and qualified 6 years ago. I have since completed Post Graduate study in Cognitive Behavioural Therapy (CBT) and Mindfulness practice.

My approach to my work is “person centred”, as the individual is always at the heart of my work. I have experience working for a nationwide charity, counselling teenagers in schools who are experiencing bullying, depression, anxiety and other disorders.

I am experienced in creating flexible treatment plans, report writing and I understand the boundaries and ethics of working within the clinical profession.

Since working in case management, I have gained experience working with both adults and children with varying needs, supporting them through the course of rehabilitation and litigation. I have been able to transfer my skillset to assess and plan how to meet each client’s needs, including implementing and supervising therapy and support teams, identifying and organising equipment required and finding suitable housing. I feel honoured that I am able to support my clients on their individual journey’s.