



Name: Rosie Williams

Current Job Role: Psychological Wellbeing Practitioner

Brief descriptive snapshot of this role?

Delivering brief evidence-based psychological interventions for young people and parents experiencing mental health difficulties.

What has been your journey into this role?

I completed my psychology degree at University of Manchester. I returned to Guernsey and started working as an Assistant Psychologist across Health and Social Care. I moved into the voluntary sector to work for a charity supporting children and young people. When the PWP job came up it seemed like a great opportunity. I have been able to complete a Postgraduate Certificate on the job with University of Reading and have been fortunate with the flexibility of that.

Key skills & qualities for this role?

It is important to be able to have effective time management skills, with a high caseload it is important to be able to prioritise and consider all aspects of the work. Working in a therapeutic setting it's essential to have good listening skills, and be able to develop rapport with the client. Good teamwork skills and being able to feel confident to ask questions and consider different perspectives to efficiently help the clients.

How does this role interact across the SOG and other external agencies?

We work closely with other agencies and other professionals to ensure that the young person is always the centre of the work and their needs are met. We encourage our clients to communicate their difficulties with other areas of life such as school or social care and will help facilitate if needed.

Why is this work important to you?

I enjoy seeing change in people's life and enabling their confidence to be able to facilitate change and improve their difficulties. I like that the role is varied and enables me to work in a supportive environment and constantly be learning.

If you would like to find out more about getting into a career in Mental Health, contact a Careers Adviser at careersguernsey@gov.gg



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