

Julia O'Connell

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PROFILE

Social Care graduate with over three years' experience of working in Community Outreach Support roles with a strong focus on client centeredness. Possessing well developed planning and organisational skills including 4 years voluntary experience. Seeking to continue career in...

EDUCATION

Bachelor of Arts (Honours), Social Care, Cork Institute of Technology 20011-2015

Result: **2(H)1**

Core Modules included: Social Research Methods, Psychodynamic Therapeutic Care, Cognitive Humanistic Therapies, Family Advocacy and Community; Addiction Studies; Social Stratification, Applied Social Studies, Sociology & Social Policy, Psychology, Counselling and group dynamics and Work Placement

Research Dissertation Project: (give title and brief outline plus result)

Work placement: (give details - Where? How long? Duties? Learning outcomes?)

TRAINING

Institute Certificate in Counselling Skills, Cork Institute of Technology 2009

Suicide Assist Course, The Counselling Centre Training Institute, Cork 2008

Therapeutic Crisis Intervention Training (RCC Cork) 2006

Leaving Certificate: 420 Points 2005

EMPLOYMENT

Child Care Worker, Sunview House, Ballinlough, Cork (Summers)2008-present

- Working in High Support Unit for young males under 18 identifying and responding to needs of each individual with strong emphasis on Therapeutic Crisis Intervention.
- Group facilitator focusing on connecting behaviors to feelings and investigating coping skills
- Community Outreach Support Worker for foster families with an emphasis on relationship building and social interaction
- Activity Programme Facilitator
- Engage with key service providers, statutory and voluntary to provide a comprehensive and integrated service
- After care group worker/transition planner assisting with facilitation of independent living skills

- Weekly multi-disciplinary meetings
- Report financially and operationally as required by the employer
- Report writing

Drug Project Worker, Bayview Link-Up Project, Ballincollig, Cork

2007-2009

- Worked with the project coordinator to engage with, devise and deliver programmes with a prevention bias for young adults in the community
- Directly engaged with teenagers in the Bayview area for whom the use of alcohol/ drugs has become abusive and/or addictive
- Worked with the project coordinator to develop and host drug information sessions for the local community and groupings within the community
- Worked closely with the Board of Bayview Link-up and the project coordinator in determining local responses.
- Prepared an annual work- plan in conjunction with the project coordinator and ensure the timely submission of progress reports to the Board
- Report financially and operationally as required by the employer

VOLUNTEER WORK (weekend and evening work over a period of 3 years)

2004-2007

Simon Community Outreach Team - Worked directly with men and women sleeping rough, linking them into mainstream services and offering care and support

Rape Crisis Centre - Assisting with Helpline duties to survivors and their families seeking information and advice on Services Availability, Medical Advice and Legal Advice

Cope Foundation - Worked as an Activities Coordinator with residents with intellectual disabilities

SKILLS

List skills you feel you possess in relation to your course and employment e.g. Communication, Interpersonal, Problem Solving, Planning and Organizational, IT, Languages, Technical etc.

INTERESTES & ACHIEVEMENTS (add your own interests/achievements backed up with examples and evidence)

(for example)

- Music:** Member of CIT Choral Society – throughout 4 years I showed immense dedication and commitment involving many hours of practice/performance. Won the RTE Lyric FM ‘Choirs for Colleges’ in 2009. Certificates received for All Ireland Choir Competitions 2 years running (08/09)
- Sport:** Rowing – Member of Rushbrooke Rowing Club – training twice weekly. Competed in various national events winning All Ireland Coastal Rowing medals in 2008, 2009 and 2010
- Travelling:** Visited America, Australia, Asia and Europe

REFEREES

Include one academic and one employer if possible

