

SONYA WELCH-MORING

THERAPIST/COACH/FACILITATOR

CURRENT WORK IN PROGRESS

I am currently authoring a book commissioned by [PCCS Books](#), UK and due to be published in 2021. The focus is on Transgenerational Ancestral Research and Systemic Practice in Black therapy and counselling practice. I am also collaborating with Psychotherapists and Counsellors for Social Responsibility ([PCSR](#)) facilitating workshops focused on social justice issues for therapy professionals.

PROFILE

I have over 30 years experience as a social and healthcare professional with a diverse portfolio of work experience including substance misuse counselling, mediation, group facilitation, professional coaching, mental health nursing and systemic therapy. Working primarily within the public and voluntary sectors, I have extensive experience in employee relations, expertise in social justice and community development and a growing transgenerational therapy practice.

EXPERIENCE

Mental Health Practitioner and Transgenerational Therapist 2010-2020

Between 2011 and 2014, I completed a Post-Graduate qualification in Mental Health nursing followed by one year of a Public Health programme. I also completed four years training to advanced level in Systemic and Family Constellations and have a growing practice as a transgenerational therapist and systemic consultant.

Workforce Development Coach, London 2003-2010

I developed the first Professional Development Coaching programme for Black and Minority Ethnic (BAME) professionals in Westminster City Council, Social Services Directorate. The emphasis was on personal skills development, counselling skills and mentoring employees to reach their highest potential.

Mediator and Conflict Resolution Practice, London 1996-2002

I worked as an organisational conflict resolution practitioner for CMP Solutions, a conflict management specialist agency. The role included developing a wide range of training courses in Conflict Management and mediation for professionals. I also worked as an associate family mediator for Harrow Community Mediation service.

Training Officer and External Consultant, September 1990 – May 95

I worked for the leading HIV organisation in the UK, London Lighthouse as a trainer and external consultant. This role encompassed developing curriculum, designing and delivering training courses and experiential workshops for professionals within healthcare, educational and social services organisations.

Angel Drugs Project, Substance Misuse Counsellor, London-1986-1989

As a substance misuse counsellor, I specialised in women and children's health and wellbeing and was responsible for developing core services. Part of the role involved group counselling sessions for clients and training professionals.

ACDEMIC QUALIFICATIONS

PG Diploma Mental Health Nursing Sept 2011-Sept 2013

PG Diploma in Systemic Management & Consultation, Completed Dec 2000,
Kensington Consultation Centre, London

MSc Human Resource Development January 94 September 95, South Bank
University, London, SE1

BSc Social Sciences (Hon's) Sept. 81 July 85, South Bank University, London, SE1

PROFESSIONAL QUALIFICATIONS

NLP Master Practitioner, International Teaching Seminars, 2003

NLP European Coach Certification Training, International Teaching Seminars, 2005

Transactional Analysis – 101 plus 8 days, TA Works & Hay Consultants, 2001-2003

Certificate In Mediation (OCN), 1998

National Family Mediation Training, 1999

SKILLS

Advanced counselling skills

Group-work and facilitation skills

Systemic management as therapeutic practice

Transgenerational constellations work with individuals and couples

Ancestral research and consultation

PROFESSIONAL ASSOCIATIONS

Member of the International Systemic Constellations Association (ISCA), UK

Member of the Association for Family Therapy and Systemic Practice (AFT), UK

Member of the Black African and Asian Therapy Network (BAATN), UK

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