

MADINA NOURZAI

Trainee Psychotherapist | Mental Health Project Manager | SEN Tutor

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PROFESSIONAL PROFILE

Trainee psychodynamic psychotherapist completing an MSc in Psychodynamic Counselling and Psychotherapy and working towards BACP accreditation. I bring a warm, reflective and practical approach to supporting people experiencing emotional and psychological difficulties. My experience spans community mental health, SEN education and client-facing roles, with a strong focus on building trust, listening carefully and creating safe, inclusive spaces.

CLINICAL & EDUCATIONAL EXPERIENCE

Trainee Psychotherapist & Mental Health Project Manager | Farsi Action Foundation

July 2026 - Present | London

- Work with local authorities, councils and community organisations to develop and deliver accessible mental health projects.
- Support migrant and refugee communities with emotional wellbeing and routes into appropriate mental health support.
- Plan and facilitate workshops, community sessions and wellbeing activities focused on anxiety, depression and emotional wellbeing.
- Develop partnerships, events and outreach initiatives that encourage open conversations about mental health and reduce stigma.
- Contribute to fundraising and grant applications to help expand community mental health initiatives.

Academic Tutor / SEN Tutor | Remedy Recruitment Group Ltd

November 2023 - Present

- Provide one-to-one specialist study skills tuition for students with ADHD, autism, anxiety, SpLD and complex emotional needs.
- Work in line with EHCP targets and adapt sessions to each student's learning style, emotional needs and goals.
- Use supportive, therapeutic approaches to build trust, confidence, emotional regulation and independence.
- Liaise with families, schools, local authorities and other professionals, monitoring progress and sharing clear feedback.

Educational Support Worker | Kingsbury High School

March 2023 - November 2023 | Greater London

- Supported pupils with emotional and behavioural needs, ADHD, autism and dyslexia through one-to-one and small-group work.
- Provided academic, literacy, processing, speech and language support while encouraging confidence, inclusion and independence.
- Worked closely with SENCOs and teaching staff to provide calm, consistent and tailored support.

Behavioural Therapist | St John Angel Primary School

September 2022 - February 2023

- Delivered one-to-one and small-group support for children with trauma, autism, behavioural difficulties and complex needs.
- Used calm, structured approaches to support emotional regulation, engagement and confidence in learning.
- Adapted support to academic and emotional needs and worked closely with teachers to maintain a stable environment.

EDUCATION

MSc Psychodynamic Counselling and Psychotherapy - BACP Accredited | Birkbeck, University of London | 2025 - 2027

BSc Psychosocial and Psychodynamics of Counselling - 2:1 | Birkbeck, University of London | 2022 - 2025

BSc Radiotherapy and Oncology | University of Hertfordshire | 2018 - 2021

A Levels - Psychology B, Sociology B, Biology C

ADDITIONAL EXPERIENCE

Kitchen Designer | Wren Kitchens, London

March 2020 - September 2021

- Built strong client relationships, understood individual needs and guided customers through decisions with clarity and care.
- Managed the process from consultation to completion, strengthening communication and problem-solving skills.

Assistant Manager | Selfridges - Longchamp

August 2018 - March 2020

- Supported day-to-day operations in a fast-paced environment, resolving customer issues calmly and professionally.
- Supported colleagues and maintained consistently high standards of service.

Sales Assistant Manager | David Lloyds Gym

January 2018 - August 2018

- Built rapport with clients, responded to customer needs with empathy and maintained a welcoming, organised environment.

VOLUNTARY EXPERIENCE

Fundraising Assistant | Paiwand Charity

2015 - 2016

- Supported initiatives for women and children affected by trauma and displacement.
- Helped organise awareness and community engagement events and contributed to outreach work.

KEY SKILLS

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| • Psychodynamic and reflective practice | • Emotional and behavioural support |
| • Trauma-informed approaches | • Working with neurodiverse individuals |
| • Building trust and therapeutic rapport | • Community mental health outreach |
| • Workshop and project coordination | • Strong communication and active listening |
| • Multi-agency collaboration | • Safeguarding-minded practice |

PROFESSIONAL FOCUS

Particularly interested in supporting women, adolescents, migrant and refugee communities, and people experiencing anxiety, depression, trauma-related difficulties or barriers to accessing support.