

Jenny Ensing



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PERSONAL PROFILE

Jenny has a background in community service, and is a passionate supporter of people who are developing and maintaining healthy relationships. Jenny is keen to practice within an agency setting.

KEY SKILLS & QUALITIES

Listening, Negotiation and Management Skills

In a voluntary capacity, I was engaged to facilitate a weekly children's program, which included two sessions per week. This involved leading a board of twenty appointed members, as well as liaising with parents of the approximately one hundred children. The ages of the children ranged between 18 months to 13 years old. The intent of this programme was to support families in raising happy children with a strong spiritual connection. (2008/09)

Facilitation Skills

Key facilitator for weekly fifty minute workshops, content covered including the following modules: relationship enrichment, positive communication skills, conflict resolution, and anger management with the goal of strengthening marriage relationships.

Counselling Skills

A wide range of counselling skills, including:

- Couple and family/whanau relationship counselling, with a focus on relational language
- Working from an Assimilative Integrative theoretical framework based on aspects of Person Centred Theory, and incorporating strengths based interventions from Three Houses, Solution Focused Therapy, Te Whare Tapa Wha, and Narrative, as well as aspects of Emotion Focused Therapy
- Sand tray therapy, and some psychodramatic tools
- Trained telephone counsellor (by Lifeline)

Treaty Based Practice

Guided by the New Zealand Association of Counsellors/Te Ropu Kaiwhiriwhiri o Aotearoa Code of Ethics, have applied principles to my practice; have also learnt from my studies and relationship with various Māori based groups and colleagues.

Personal Relationships & Presenting Skills

Reinforced and consolidated my presenting skills with learned values based parenting skills with Lisa McKim of Parentingworx with the focus of improving personal relationships and learning new presentational techniques and material.

PROFESSIONAL ASSOCIATIONS

Provisional Member of the New Zealand Association of Counsellors / Te Ropu Kaiwhiriwhiri o Aotearoa.

QUALIFICATIONS

Bachelor of Education, University of Waikato (1987 – 1997)

Twenty papers including: Human Development, Social Psychology, General and Experimental Psychology, Individual Differences

Bachelor of Applied Social Science, WINTEC, (2010 – currently completing)

Two papers to complete towards graduation in 2014. Currently completing papers on both addiction, and poverty.

Telephone Counselling Training, Lifeline (2009)

Six week training including: supporting callers through grief, anxiety, depression, rape, sexual abuse, drug and alcohol abuse, and suicide.

CAREER HISTORY / EXPERIENCE

Practicum Counsellor (Placement), Barnardos, Hamilton (February 2012 to current)

- Providing counselling and, managing a counselling client base.
- Working with families, couples, children and individuals
- Working with people from all backgrounds including domestic violence referrals
- Utilising counseling strategies to establish the individual in a position of strength to become more resilient
- Operate from a standpoint of personal integrity and ethics
- 1.5 days per week

Birthright (Placement), Hamilton (2011)

- Introductory placement, mainly exploration of agency structure and function,
- Facilitated special interest group sessions whilst in this placement.
- 1 day per week for one semester

Telephone Counsellor (Voluntary), Lifeline (2009 to 2012)

- Introduction role to counselling services, with extensive training provided.
- 3 x three hour telephone counselling shifts per month
- Participated in monthly supervision meeting for ongoing support
- Listening and talking with general public about what's going on right now for them

Youth Leader (Voluntary), Local Youth Group (10 year service across Dinsdale & Raglan)

- Working with young women aged between 12 to 18 years of age from many different backgrounds mostly Maori or Polynesian, providing a weekly activities program.
- Develop and assisting youth to accomplish personal goals eg: Physical Development, Educational, Personal, and Career Development, and Citizenship and Social Development.
- Nurturing emergent youth leadership
- Meeting cultural or individual youth needs
- 1 x night weekly (6.30 – 8pm) plus camps

LEADERSHIP THROUGH VOLUNTARY COMMUNITY INVOLVEMENT

- Key member of the leadership team providing youth groups with leadership techniques to plan and run goal oriented mid week self acceptance/improvement activities.
- Facilitated weekly one hour women's meetings intended to strengthen women and families (2012)
- Supervisor in a care network system including over 170 women (2013)

INTERESTS & HOBBIES

Kayaking ~ Jenny kayaks regularly. Jenny has kayaked from Pirongia to Port Waikato.

REFEREES

- **Ra Bacon**, Bishop, The Church of Jesus Christ of Latter Day Saints, 027-266-4082
- **Jo Anna Richards**, Internal Supervisor, Barnardos, 07-847-1088
- **Paula Clements**, External Supervisor, 027-634 0804
- **Micheal Brown**, Manager, Barnardos, 07 847-1088