



The Level 4 Diploma Team

The Place2Be staff leading the Level 4 Diploma in School-Based Child Counselling course have a wealth of experience in the field of children's mental health and wellbeing.

Ama Dankwa *Trainee DCPsych, PGDip, BSc, MBACP (Accred), MBPsS* **Programme Leader & Tutor**

Ama is a BACP-Accredited integrative Therapist and Programme Lead for the Level 4 Diploma in Therapeutic Counselling. Trained in Counselling Psychology and psychotherapy with children, young people and adults, she brings years of experience from schools, community settings and private practice.

Through her therapeutic work, Ama champions anti-oppressive working, empowerment, inclusion and creativity, values she brings into the classroom to support trainees in becoming authentically skilled, curious and compassionate counsellors.



Kate Armstrong *MA, MsC, PGDip, MBCAP (Accred)* **Programme Leader & Tutor**

After completing a Psychology degree at the University of Edinburgh, Kate began her career in Human Resources. Following training as an executive coach, she developed a growing interest in the early experiences that shape individuals and their relationships. This led her to undertake a master's degree in Developmental Psychoanalytic Psychology at the Anna Freud Centre.

After taking a break to focus on family life, Kate went on to complete a Postgraduate Diploma at Place2Be. She subsequently developed her own therapeutic practice, working with children and their parents within primary school settings.

Kate later returned to Place2Be while continuing to run her private practice. She has built extensive experience in working with children and young people in schools as a clinician, supervisor, and manager.

Extending her work into digital settings, Kate worked at Kooth Plc as a Service Manager before joining the Place2Be Level 4 Diploma programme as Joint Lead. Kate is an accredited member of the BACP.



She also runs a private practice in Kent, supporting children and parents. Her work is informed by the Place2Be model, using an integrative approach with a strong emphasis on relationship as the foundation for safe and effective practice.

Charlotte Usher MBACP
Programme Tutor

Charlotte trained as a Psychodynamic Counsellor at the BACP accredited Counselling Centre in Tunbridge Wells. After attending a Place2Be taster day, she was inspired to work with children and young people and completed two years with Place2Be as a Counsellor on Placement before becoming a Supervising Counsellor, working for several years across primary and secondary schools in Kent and Sussex.



Mark Ruston MBCAP (Accred)
Level 4 Tutor

Mark is a BACP Accredited counsellor with 25 years' experience working with children, young people and adults. He is also a registered Social Worker and qualified clinical supervisor. He currently works as a trainer across Place2Be's qualifying courses.



Matthew Audley
Experiential Group Facilitator

Matthew is a UKCP registered psychotherapist with over thirty years' experience in private practice with individuals, couples and groups. He has also trained as a Group Analyst with the Institute of Group Analysis as well as with the Tavistock and Portman in Consulting to Leadership and Organisations.

Matthew has worked extensively as a supervisor, trainer and group facilitator in educational, health and voluntary settings.



Kelli Swain-Cowper M.A., PGdip, B.A (Magna cum laude),
Supervision (Cert), MBACP, HCPC, ATR

Head of Clinical Curriculum for Mental Health Workforce Development

Kelli is the Head of Clinical Curriculum at Place2be, having trained and worked in Child and Adolescent Mental Health in New York City before moving to London. She began her work in the UK in the school where Place2be was founded. Over the past 24 years with Place2be, her experience of practice on the ground has shaped both the clinical delivery and the training curriculum that has taught thousands of educators, adult trained counsellors to work with children.



She founded the first groundbreaking postgraduate qualifications training pathway for CYP school-based counsellors 18 years ago. Committed to equity and diversity within our workforce, she continues to remove barriers to training as a CYP counsellor, most recently by working on a trailblazer group to establish a CYP school counsellor apprenticeship and piloting the first cohort through our full-time intensive training.

She has been a key shaper in the clinical service and training of a whole school approach within Place2be and is currently working on a textbook for training CYP counsellors.

Paul Lucia
Programme Manager

Paul has worked at Place2Be since 2015 in various positions, initially working in our placements team supporting counsellors on placement, before working on our professional qualifications and most recently managing all Mental Health & Wellbeing Programmes training for schools, teacher training institutions and youth groups. He has overseen the rollout and delivery of the Mental Health Champions - Foundation programme, Senior Mental Health Leads, and Staffroom.



As Programme Manager for qualifying courses Paul holds responsibility for the operational running of the programme, working closely with the clinicians, wider operational team and external partners. Paul has an academic background in Psychology and in his own time has completed a Level 3 in Counselling Skills. Paul's professional interests are in supporting wellbeing in the workplace and increasing knowledge around mental health to better support open conversations. Paul is also a big fan of dogs, film & TV, nature and food!

Sarah Wilkinson
Programme Coordinator

Sarah is the Programme Coordinator for the Level 4 programme, supporting students and the clinical team by ensuring the smooth running of its operational delivery. She brings over five years' experience in project coordination, including work delivering and facilitating mentoring programmes across the UK and the Middle East prior to joining Place2Be.

Sarah is a qualified therapist, holding a PGDip in Integrative Counselling & Psychotherapy from the University of East London. Outside of work, she enjoys watching live music, exploring nature, and discovering new restaurants.

