

My One-Page Profile

Reni Landor

**Educational Psychologist and
Human Givens Therapist**



What people appreciate about me

People tell me that:

I am optimistic and positive and like to see the best in a situation

I ask people questions that make them think about how they can find a way forward, and see things from a different perspective

I am methodical and pay attention to detail

I am responsive, supportive and a good listener



In my **work life:**

- I am at my best when I work as part of team
- I love learning about psychology and finding new and effective ways to support children and young people and their families and schools
- Treating people as I would like to be treated (and in my home life too)

In my **home life:**

- Walking in the countryside with my dog
- Spending time with friends and family (ideally with my dog)
- Swimming in the sea or a river or a lake whenever I can (even when it's cold)
- My yoga practice

What is important to me



- Helping people who have experienced trauma and/or adverse life experiences through a process known as the Rewind technique
- Teaching people about how strong emotions can 'hijack' their ability to think clearly
- Group therapy using Human Givens techniques, following a programme called Just What We Need, which was designed for adults but can be adapted for older teenagers.
- Using visual approaches based on Person Centred Planning – the power is in the graphic record
- Using my skills as an experienced psychological supervisor to support those I work with
- Using video to help people see what they are doing well



You can help me by

- Being prepared to give me a gentle nudge about the things that are important to you in case I haven't realised this
- Giving me feedback about what it has been like for you to be working / spending time with me
- Remembering that I have better recall of visual information compared to auditory