Laura Darby

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I have a number of years' experience of working with children and young people in different roles and handling challenging situations, which has enabled me to become trauma informed in the way I work and given me experience in many sensitive scenarios.

Experience & Short Courses

08/10/2021 – Present Day

Crimestoppers - Norfolk Chair

01/04/2021 – Present Day

Founder, CEO Director of The Life Skills Mentoring Academy.

12/12/2021 – Trauma, the Brain and Recovery – Mind Body Breakthrough – The National Counselling Society. 6th, 13th&20th March 2022 – STOPSO – COFRA training. 06/03 – 13/06/23 – Victim Focus – Train the Trainer (Victim Blaming, Trauma, ACEs, CSE, CSA). 30/03/23 - Addressing Trauma-Based Shame in Children who Hate Themselves with Dr Margot Sunderland. 11/05/23 - Sorting out the muddle between psychiatric diagnosis and trauma (children and teenagers) with Dr Margot Sunderland. 25/05/23 - UK Virtual Event: From What If to What Next: Combing therapy and coaching with Tracey Hartshorn. 14/07 & 15/07/23 - Becoming Trauma-Informed; Essential Skills for Coaches with Amytheist Coaching. 13&14/03/2024 – NSCP – Introduction to Safeguarding Children. 26&27/06/2024 – NSCP DSP Training

14/12/2020 – 22/09/2021

Specialist Independent Sexual Violence Advisor, Ministry of Justice

Training: 03/02/2021 – LGBT+ Awareness, 04/02/2021 – iNEQE Safeguarding Group – SSNAP Workshop, 08/02/2021 – Terrence Higgins Trust (THT), Getting the Hang of C-Card, 10/02/2021 – THT - C Card Under 16, 23/02/2021 – THT – Learning Disabilities and Sexual Heath, 01/03/2021 – THT – Consent and Confidentiality, 04/03 & 11/03 – THT – Supporting the Delivery of RSE, 12/03/2021 – THT - Talking about consent with young people, 16/03/2021 – Self Harm & Suicide Alertness, 16–18/03/2021 – LimeCulture – Accredited - Supporting People with Specific Needs, 10/05/2021 – LimeCulture – Supporting Male Victims, 14/06/2021 – Safe CIC - Safeguarding Level 3.

10/08/2014 – 23/08/2020

Special Constable, Norfolk Constabulary

Training: Yearly First Aid and Personal Safety Training

23/08/2020 – Present Day

Special Sergeant, Norfolk Constabulary

19/06/2017 – 14/12/2020

Independent Sexual Violence Advisor (U21's), Norfolk Constabulary

Training: 08/08/2017 – NSPCC Keeping Children Safe Online, 08/08/2017 Safeguarding E-Academy Keep Them Safe – Protecting Children from Child Sexual Exploitation, 24/01/2018 – Helplines Partnership – Responding to Suicidal Callers, 25/01/2018 – Terrence Higgins Trust (THT) - SRE: A Beginners Guide, 09/04/2018 – THT – C-Card Training, 21/05/2018 – MAP - Working With Young People Who Self-Harm, 17&18/07/2018 – Rockpool - Sexual Violence Recovery Toolkit, 08/09/2018 – UKAFN (Association of Forensic Nurses and Paramedics) ACE's A Lifelong Influence Conference, 30/04/2018 – MHFA - Youth Mental Health First Aid, 30/04/2019 – MAP - An Introduction to the Youth Justice System, 15/07/2019 – Do You Feel What I Feel, 21/05/2019 - #Trending Drugs.

13/04/2019 – 14/12/2020

Youth Justice Instructor, Norfolk County Council Youth Offending Team

E-Learning: 14/08/2019 – Autism Awareness, 21/12/2019 – Data Protection, 21/12/2019 – Restorative Approaches, 21/12/2019 – Safeguarding Children.

07/04/2014 – 16/06/2017

Case Investigator – Child Abuse Investigation Unit – Norfolk Constabulary

Training: 20/02/2014 - Witness Statement and Interview Course, 10-12/02/2015 - XRY Certification.

06/05/2009 – 04/04/2014

Senior Family Support Worker / Family Support Worker / Early Years Practitioner
Fakenham Gateway Sure Start Children's Centre.

Training: 17/10/2012 - Risk assessment, 11/05&22/06/2013 - Leading and Building Your Team and Effective Interpersonal Skills, 15/10/2009&29/09/2010 - The Solihull Approach, 12&13/10&15/11/2010 - Heath Exercise and Nutrition in the Really Young, 22/10/2010 - Portage Basic Workshop, 09/09/2011 - Activ Kids, 20/11/2012 – MAP Conference 'Working with Young People, Neglect and Abuse, 24/05/2013 - Parents as First Teachers, 24/01/2014 - Baby Massage. In house training – Safeguarding and Child Protection, Attachment, Baby Brain Development and Relationships, Raising Achievement through Child Initiated Learning, Child Development, Mental Health Awareness, Inclusion and Development, EYFS.

Educations

Date Gained	School/College/University/Company	Qualification
25/06/2021	UK College of Personal Development	Life and Business Coach
06/12/2021	UK College of Personal Development	NLP Practitioner
06/12/2020	London School of Clinical Communication and Hypnosis	EMDR and Psychological Trauma
01/10/2020	Shine From Within	Youth Mentor Training
17/10/2018	University of Portsmouth	Master of Science - Psychology and Law: Child Forensic Studies
20/07/2018	Norfolk and Suffolk Foundation Trust	Systemic Ideas in Clinical Practice – An Introductory Course in Family Therapy
21/05/2018	LimeCulture CIC/NCFE	Independent Sexual Violence Advisor
03/07/2016	Online Academies	Psychology Diploma
08/04/2016	Open Learn	Statement of Participation - Introduction to Child Psychology
01/02/2013	University of East Anglia	Postgraduate Certificate - Person-Centred Counselling
04/12/2011	Training Associates	Foundation in Counselling Theory
30/11/2011	Training Associates	Foundation in Counselling Skills
22/11/2011	University of East Anglia	Foundation Degree of Arts – Management of Care
06/2009	Assessment and Qualifications Alliance	A – Levels - Double Health and Social Care – C/D, AS Level – Citizenship - B
06/2007	Assessment and Qualifications Alliance, Edexcel, OCR.	GCSEs - Textiles Technology – A*, English Literature – A, English – B, Religious Studies – B, Art and Design – C, Mathematics – C, Chemistry – C, History – C, Physics – C, Biology – D, Geography – D, Award in Digital Applications – Credit.

Other training

Norfolk Safeguarding Children Board/Partnership

22/06/2011 – Safeguarding Children and Mental Health Training, 09/07/2011 – Safeguarding Children and Substance Misuse Training, 24/10/2012 – Safeguarding Children 03/04/2014 – Effective Participation at CP Conferences, 13/05/2014 – Making Multi-Agency Assessments Work, 14/05/2014 – Child Sexual Abuse, 23/06/2015 – Substance Misuse within the Family, 09/07/2015 – Child Sexual Exploitation, 26/11/2015 – Domestic Abuse, 12/09/2017 – Attachment in Assessment, 28/11/2017 – Working with Children and Young People who have experienced Child Sexual Abuse, 06/12/2017 – Understanding Children and Young People who engage in Sexually Abusive Behaviour, 12/05/2021 – Intra-Familial Harmful Sexual Behaviour, 01/06/2021 – Technology Assisted Harmful Sexual Behaviour, 07/06/2021 – SCR/SPR Roadshows - Making Neglect Personal, 22/06/2021 – Harmful Sexual Behaviour in Children and Young People with a Learning Disability, 24/06/2021 – Safeguarding Children and Working with European Migrant Families.

Norfolk County Council

08/11/2010 – Children's Services Safeguarding Core Programme, 07/12/2010 – Information Sharing and Assessment, 02/02/2011 – Multi-Agency Working and the Role of Lead Professional and Assessment Skills, May 2013 – Restorative Justice Training, 17/10/2009 & 22/03/2010 – EYFS training, 02/02/2010 – An Introduction to Young Children's Behavioural Development and the Management of Young Children's Behaviour, 24/04/2010 – Parents as Partners, 07/05/2010 – The Unique Child, 13/10/2011 – Parent Support Training.

Norfolk Constabulary

Feb 2014 – Health and Safety, March 2014 – Information / Intelligence Reports, National Decision Making Model For Policing, Introduction to Diversity, Background to MoPI, Collection & Recording, Mental Ill Health & Learning Disability Awareness, Sharing Police Information, April 2014 – Public Protection Initial Response, Abusive Relationships, Family Disturbance, Action Fraud, Domestic Violence Disclosure Scheme, May 2014 – Stalking & Harassment, Firearms & Active Shooter Incidents, June 2014 - Missing Persons, Missing Daughter, October 2014 – Victims Code, Initial Operational Response, Cyber Crime & Digital Policing, December 2014 – Investigative Interviewing, Equality Act, National Decision Making Model for Policing, January 2015 – Public Protection - Man in Distress, Human Trafficking, Domestic Violence Protection Orders, Anti-Social Behaviour, December 2015 – Modern Slavery. April 2021 – Updated - Data Protection &GDPR, Fire Safety, Health & Safety.

Beacon House Therapeutic and Trauma Team

01/10/2020 - How to Promote Your Child's Self-Esteem, 14/10/2020 - Psycho-education Toolkit for Children and Young People, 14/10/2020 - Building Emotional Regulation Skills in Children and Young People, 28/10/2020 - How to Support Your Dysregulated Child, 27/09/2021 Developmental Trauma & How to Transition to the Covid-19 'New Normal'.

Memberships with Professional Bodies:

- Member of the Association for Coaching (AC)
- Member of UK College of Professional Development (UKCPD)
- Full member of the Association for NLP (ANLP)
- Senior member of the Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH).