Questions

Name: Farzana Nooren

Age: 41

Currently Based: Community Mental Health Services (NHS)

Profession: Psychotherapist/Cognitive Behavioural Therapist/Group facilitator

Ethnicity: Muslim/Pakistani

1. What made you want to Pursue the chosen career path?

Looking back I feel I was naturally drawn towards mental health and therefore chose to accept my offer of place at university to study Psychology at undergraduate level. From there I became more interested in the impact of mental health and difficulties on our coping and wellbeing and decided to train as a therapist. Training was very difficult but I have ended up loving my role and being able to be the voice of people who struggle.

1. Describe was your career journey? Studying? Jobs?

My journey has not by any means been easy, looking back I held onto ambition, motivation and strength to not give up or listen to people who said or thought that I am not capable to do this or this was not a wise career choice. Throughout my journey I have experienced depression, anxiety, worries, moments when I have had to make a choice between food and tuition fees due to not having much money (I chose tuition fees!). My journey also helped me to not take anything for granted and my key message is ‘education is a gift’. To best describe my journey (as it is long) I have included the below-

**Study**

Hertfordshire Community Mental Health Trust- - Psychological Therapist Current

West London Mental Health Trust – Trainee CBT Therapist 2018-2019

Hertfordshire Community Mental Health Trust –- Psychotherapist 2017-2018

Hertfordshire Community Mental Health Trust- Facilitating groups

Drama therapy for Psychosis 2017-2018

Acute Mental Health Day Treatment Unit- Psychotherapist 2016-2017

Sheffield Community Mental Health IAPT Service- Psychotherapist 2015-2016

Private Practice- Psychotherapy 2015-2017

MENCAP- Learning Disabilities & Mental Health- Support worker 2009-2015

Hertfordshire Community Mental Health Trust- Psychotherapist 2013-2018

MIND: Mental Health Charity-Hertfordshire- Trainee Psychotherapist 2010- 2015

Oxford Community Mental Health Trust- Health Care Assistant 2007- 2008

Coventry University Student Counselling Centre-Student Wellbeing 2004-2005

**EDUCATIONAL DETAILS**

Kings college, London- Institute of Psychiatry, Psychology & Neuroscience-

Cognitive Behavioural Therapies for Psychosis: Family Interventions Current

Royal Holloway, University of London- Postgraduate Diploma in CBT 2018-2019

University of Hertfordshire-MA in Contemporary Therapeutic Counselling & Psychotherapy

2010-2014

University of Hertfordshire-Diploma in Counselling 2008-2010

Open University- Child Development and Exploring Psychology 2006-2007

Coventry University- BSc Psychology 2002-2006

Sutton Coldfield College -Access to Teaching, 2001-2002

Bourneville College of Further Education- GNVQ Health & Social Care 1998-1999

City College Birmingham- GNVQ Health and Social Care-foundation 1995-1996

1. Who or what is your inspiration?

All women who dare to stand strong in their will power and have a voice and use it to support issues that are important for us. Women who stand up for the rights of being educated

1. In 3 words describe what your career means to you?

Freedom

Empowerment

Growth

1. What Project or Research are you currently working on?

I am currently planning for my PhD research and application and it will look at ‘Attachment approach to critically explore and understand the impact of Gender discourses and Ideology within minority groups in the UK’

1. What are your favourite and positive moments in your chosen career path?

Graduation

When I see my patients feel stronger again

When I got accepting onto my training course

When I passed my assignment

When I learnt that I love love love what I do and feel very lucky

Education is a journey

1. Was there any barriers that you have faced choosing your chosen career path?

Yes, not being understood why mental health is important in my culture.

1. Was it difficult to go through your chosen career in the society as a Pakistani Women?

Yes, there was lack of understanding and recognition and lack of value, my career path is not fully understood in my culture which is sad

1. Did you experience any positive Impact from Society?

Yes, especially around how I am still continuing to be in the education sector

1. Did you experience any negative impact from Society?

Yes due to lack of understanding of mental health and its impact

1. Was Family & Friends supportive with your chosen career path?

My dad was supportive towards education and I felt my mum was more anxious and nervous about this path

1. Would you say there are less BAME (Black Asian and Minority Ethnic) In your Chosen Career Path?

Yes, something my team is currently thinking about. There is less BAME therapists in the NHS.

1. If yes, What can we do to change this?

Access to equal opportunities and respect for individual differences

More networking amongst BAME therapists in the NHS

More platforms for debating and exploring experiences

1. In some words describe what is it like to having a career that is non stereotypical?
2. What advice would you give for anyone starting their non stereotypical career?

Listen to your dream and create a voice through education. When experiencing any challenges and barriers always remind yourself that you can get through this. Always keep in mind that challenges are temporary and stay hopeful. Listen to your own voice and not other people’s opinions of what role/job you should be doing instead. When you have doubts always remind yourself why you re doing this, keep the bigger picture in mind.