1. **Information**
2. **Blog**
3. **[Training](#_Training)**

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| 1. **Where to find more information on Occupational Health (OH)**  * [**WHO (World Health Organisation) Occupational Health**](https://www.who.int/health-topics/occupational-health) **-** * [**CIPD (Chartered Institute of Personnel Development) Occupational Health**](https://www.cipd.co.uk/knowledge/culture/well-being/occupational-health-factsheet#gref) **-** * [**SOM (Society of Occupational Medicine) Work and Health**](https://www.som.org.uk/work-and-health) **-** * [**SOM Careers**](https://www.som.org.uk/careers) * [**NSOH**](https://www.eastmidlandsdeanery.nhs.uk/occupational-health/national-school-occupational-health)link to useful websites relating to OH |

**2. Blog**

**Occupational Health Psychotherapist/Counsellor**

**Anita Sharman**

**BSc Counselling and Psychotherapy**

**Registered member of the British Association for Counselling and Psychotherapy (MBACP)**

**Counselling Manager EAP service**

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Working as a Counselling Manager for PAM Wellbeing with the Employee Assistance Programme team is a varied and interesting role. I gained a position with PAM as an EAP Helpline Counsellor and was quickly recognised for my passion and drive to provide the best EAP service for employees and managers. I progressed into a Clinical Team Leader role where I managed a team of counsellors. Within my current role, I support the clinical and operational aspects of the department, focusing on the development of the team and the growth of the service. My role gives me the variety I need, one day I could be dealing with a series of escalated complex cases and the next planning the implementation of a new process or service. Aspects of the role I particularly enjoy are the service review meetings with the Clinical Team where we evaluate what is currently working well and areas we could improve, I enjoy learning from past decisions and reflecting on new ways of improving access to the service. My role offers the opportunity to have a voice in the growth of the EAP service and I enjoy being a voice for others in the team who may not usually be heard. I am glad I took a leap of faith and began the Counselling and Psychotherapy BSc Hons course at Salford University in Manchester, it provided me with a foundation on which I continue to build on. I am many things to different people, but a counsellor will always be one.

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| **Training** Most qualified therapists working in OH, are registered with the BACP and could belong to the [BACP Workplace Division](https://www.bacp.co.uk/bacp-divisions/bacp-workplace/join-bacp-workplace/).  Therapists work both within organisations and externally, providing workplace counselling from their private practice or through employee assistance programmes (EAPs). You don't have to be a workplace counsellor or employed by an EAP or organisation to find this division of value. Expertise is built up over time through attendance at conferences and workshops. The division produces a quarterly journal.  Qualifications specific to OH can also be obtained via Nottingham University Workplace Health and Wellbeing |