

CURRICULUM VITAE

For Aly Whitley RMN NHF Dip(ITEC) EFT NLP

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April 2020 – date

DNA and blood collection officer, collecting samples of DNA, hair, blood, urine for paternity and, drug and alcohol testing under the chains of custody. Covering Devon, Cornwall, Somerset and Dorset.

Sept 2019 – date

Delivering Workplace Wellbeing Workshops to staff within corporations such as HMRC, DWP and HMP. Covering subjects such as Mental wellbeing, Stress management, Mental Health Awareness, Mindfulness, Importance of Sleep, Healthy Eating, Weight Management. Covering the South West.

Sept 2017 – date

Freelance mobile Phlebotomist, visiting private patients in their home and taking blood samples for Functional Health and Fertility tests. Mobile Centrifuge. Covering the South West.

July 2014 – March 2020

Amchara health & detox retreat Somerset UK & Gozo Malta

Naturopath, Emotional health support practitioner, therapist and phlebotomist on the health team at this detox and health retreat. My role involved caring for clients, individual physical and emotional health needs and supporting them safely through their detox.. The position involved giving educational talks on all aspects of health and healthy living including fasting, sugar, digestion, stress, sleep, breaking bad habits and facilitating individuals in their preparation to return home and make permanent and positive changes in their lifestyle. I was involved in taking samples (blood, urine, DNA etc) for Functional Health testing.

July – 2012 – 2014

Weight , stress & anxiety management coach

Individual client, corporate and work place wellbeing. Using a combination of nutritional advice, NLP, EFT and hypnotherapy.

2002 – 2012

This time was spent raising my daughter and supporting my husband and his business as a falconer on our farm. My role was administrative and involved hosting experience days and everyday maintenance on the farm, and being wife and mother.

1995 – 2002

Community Psychiatric Nurse

Community intervention, assessment and treatment for the older person with mental health challenges. Working independently within a multi disciplinary team and providing supervision for junior members of staff.

1990 – 1995

Staff Nurse

Rehabilitation unit for individuals with challenging behaviour.

1987 – 1990

Weight training instructor P/T

Agency staff nurse P/T

1982 – 1987

Student nurse and Staff nurse at Broadmoor Psychiatric Hospital. Included community nursing in Berkshire based at local GP surgery and general nursing at Basingstoke district general Hospital.

QUALIFICATIONS

RMN Registered Mental Health Nurse

ITEC diploma Massage

“ Aromatherapy

“ Reflexology

“ Diet and Nutrition

Diploma Colonic Hydrotherapy

“ NLP

“ Advanced Naturopathic Nutritional Therapist

Certified Hypnotherapist

Advanced certificate in Emotional Freedom Therapy EFT

Level 3 Phlebotomist

Studied Naturopathic nutrition for 3 years with The Northern School of Natural Medicine in 2000.

Studied with The Nutritional Healing Foundation, completing the advanced course 2016.

SIBO Clinical strategies with Dr Allison Seibecker

