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Charlie F. Brown, RP(Q)
[Email Address] [Phone Number]

October 22, 2026

Name of Placement Agency or Employer

Dear [Practicum Supervisor's Name],[Hiring Committee],

1

As a Master of Counselling Psychology candidate, I am in the process of translating academic learning into purposeful, relational practice. I am seeking a **practicum opportunity** where I can **continue developing as a reflective, client-centred practitioner committed to ethical and trauma-informed care**. I am drawn to counselling work that supports individuals navigating transition, uncertainty, and identity development, and I am motivated by the belief that compassionate presence and evidence-informed intervention can meaningfully shift a person's sense of agency and hope.

2

Throughout my graduate training, I have worked to integrate theory, research literacy, and applied skill development into my emerging professional identity. **My** coursework and supervised experiences have strengthened my capacity for active listening, collaborative goal setting, and strengths-based intervention. In simulated and supervised environments, **I have** practiced grounding techniques, cognitive-behavioural strategies, and reflective questioning designed to support emotional regulation and insight development. **I approach** each interaction with cultural humility and a commitment to ethical discernment, recognizing that counselling is not only a set of techniques but a relational responsibility.

3

I am particularly interested in completing my practicum with an organization that values client dignity, interdisciplinary collaboration, and community impact. **I am eager to continue shaping my counselling identity through purposeful practice, and I would value the chance to explore how my background and commitment to meaningful client outcomes may align with your mission.**

Sincerely,

Charlie F. Brown

Charlie F. Brown

Header

Charlie F. Brown, MA, RP
[Email Address] [Phone Number]

Professional Profile

Your
“why”

Emerging Counselling Professional and Master of Counselling Psychology candidate **committed to client-centred, trauma-informed, and ethically grounded practice**. **Developing** clinical competence in cognitive-behavioural, strengths-based, and relational approaches through academic training and supervised experiential learning. Recognized for reflective practice, emotional attunement, and the ability to foster psychologically safe environments.

Core Competencies

ATS
(Key
words
from
job
posting)

- Empathic listening and therapeutic rapport-building
- Trauma-informed and culturally responsive practice
- Cognitive-behavioural and strengths-based interventions
- Crisis response and emotional regulation support
- Ethical decision-making and confidentiality standards
- Reflective practice and clinical self-awareness
- Psychoeducation and group facilitation
- Research literacy and evidence-informed application
- Collaborative goal setting and client empowerment
- Interdisciplinary communication and advocacy

Education

Master of Arts in Counselling Psychology

Yorkville University | August 2026

Bachelor of Arts (Major: Psychology)

University of Toronto | June 2015

Training

- Applied Suicide Intervention Skills Training (2024)
- Mental Health First Aid Certification-(2025)
- safeTalk (2025)
- Inclusive Practices in the Workplace (2025)
- Trauma-Informed Practice Workshop-(2026)

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Charlie Brown
[Email Address] [Phone Number]

Experience

Graduate Counselling Skills Lab, Yorkville University | 2024–Present

- **Conducted** simulated counselling sessions integrating CBT-informed and strengths-based interventions, **demonstrating** structured case conceptualization and measurable client-goal alignment in supervised evaluations.
- **Applied** advanced active listening, emotional validation, and collaborative goal-setting techniques, **contributing** to strengthened therapeutic rapport and constructive supervisor feedback on relational presence.
- **Engaged** in structured reflective journaling and peer consultation processes, **enhancing** ethical decision-making capacity and deepening self-awareness in clinical skill development.

Impact
Statements

Teacher / Educator, Grades 3-8, September 2015 – August 2024 | Toronto School Board

**Not a list
of Duties!**

- **Fostered** a safe, inclusive, and emotionally supportive classroom environment where students felt seen, heard, and valued—**an experience that strengthened my ability to build trust, establish rapport, and create psychologically safe spaces as an emerging psychotherapist.**
- **Supported** students' social-emotional development through conflict resolution, emotional regulation, empathy-building, and self-reflection activities, **developing foundational skills directly relevant to counselling practice and therapeutic relationship-building.**
- **Recognized** early signs of behavioural, emotional, and learning challenges and collaborated with families, school teams, and specialists to **implement** supportive strategies—strengthening my capacity for observation, assessment, case conceptualization, and interdisciplinary collaboration.
- **Built** strong, trusting relationships with students and families by listening actively, communicating with empathy, **and responding** to diverse needs with sensitivity and respect, **reflecting** the core relational skills required in psychotherapy.
- **Applied** a strengths-based, student-centred approach to help learners build confidence, resilience, and self-awareness, **mirroring** the therapeutic process of supporting clients to **recognize** their strengths and move toward meaningful change.

Build Your LinkedIn Brand

Your LinkedIn profile is more than an online résumé. It's your **personal brand** and a **powerful networking tool**.

Build your LinkedIn brand with this step-by-step checklist.

Before you begin, customize your **LinkedIn URL** to create a professional, easy-to-share profile link: click the "Me" icon on the desktop homepage, select "View Profile", and click "Edit public profile & URL" in the top right corner.

Create a Custom Banner

Use a banner that reflects your field, interests, or career goals.

Add a Professional Photo

Use a clear, friendly photo with a simple background.

Create a Strong Headline

Go beyond your degree and highlight your expertise, specialization, and career focus.

Complete your About Section

A strong opening hook that captures attention.

A statement of your professional identity and the unique value you bring. Your career goals and the impact you want to create.

Add Work Experience

Include bullet points that highlight your accomplishments, key responsibilities, and impact. Add 5-8 relevant skills for each experience.



Charlie F. Brown, RP (Qualifying) · 1st



Yorkville University

Registered Psychotherapist (Qualifying) | Counselling Professional |
Client-Centred & Trauma-Informed Practice

Toronto, Ontario, Canada · [Contact info](#)

[Connect](#)

[Message](#)

[More](#)

About

 I believe meaningful human connection can foster growth, resilience, and positive change. As a Registered Psychotherapist (Qualifying), I am committed to supporting individuals through life's challenges with compassion, empathy, and evidence-informed care.

Drawing on my background in education and counselling psychology, I have developed strengths in active listening, trauma-informed practice, and collaborative goal setting. I strive to create a safe and supportive environment where individuals feel heard, respected, and empowered.

 Passionate about mental health and personal growth, I am dedicated to helping people navigate transitions, build self-awareness, and develop the tools needed to create meaningful and lasting change.

Experience



Teacher / Educator, Grades 3-8, Toronto School Board | September 2015 – August 2024

- Fostered a safe, inclusive, and emotionally supportive classroom environment where students felt seen, heard, and valued—an experience that strengthened my ability to build trust, establish rapport, and create psychologically safe spaces as an emerging psychotherapist.
- Supported students' social-emotional development through conflict resolution, emotional regulation, empathy-building, and self-reflection activities, developing foundational skills directly relevant to counselling practice and therapeutic relationship-building.
- Recognized early signs of behavioural, emotional, and learning challenges and collaborated with families, school teams, and specialists to implement supportive strategies—strengthening my capacity for observation, assessment, case conceptualization, and interdisciplinary collaboration.
- Built strong, trusting relationships with students and families by listening actively, communicating with empathy, and responding to diverse needs with sensitivity and respect, reflecting the core relational skills required in psychotherapy.
- Applied a strengths-based, student-centred approach to help learners build confidence, resilience, and self-awareness, mirroring the therapeutic process of supporting clients to recognize their strengths and move toward meaningful change.



Skills: Empathic Communication, Emotional Regulation, Conflict Resolution, Observation & Assessment, Interdisciplinary Collaboration, Relationship Building, Strengths-Based Practice, Cultural Sensitivity, Classroom Management

Build Your LinkedIn Brand

Highlight Your Education



Include relevant courses, projects, achievements, and extracurricular activities.

Education



Master of Arts in Counselling Psychology

Yorkville University | August 2026

- Conducted simulated counselling sessions integrating CBT-informed and strengths-based interventions, demonstrating structured case conceptualization and measurable client-goal alignment in supervised evaluations.
- Applied advanced active listening, emotional validation, and collaborative goal-setting techniques, contributing to strengthened therapeutic rapport and constructive supervisor feedback on relational presence.
- Engaged in structured reflective journaling and peer consultation processes, enhancing ethical decision-making capacity and deepening self-awareness in clinical skill development.

Skills: CBT-Informed Interventions, Active Listening, Emotional Validation, Case Conceptualization, Reflective Practice, Ethical Decision-Making, Peer Consultation



Bachelor of Arts (Major: Psychology)

University of Toronto | June 2015

Skills: Psychology, Research & Analysis, Communication, Critical Thinking, Interpersonal Skills, Academic Writing

Licenses & certifications



Canadian Certified Counsellor (CCC)

Canadian Counselling and Psychotherapy Association (CCPA)

Issued May 2024 · Expires May 2027

Skills: Ethical Practice, Counselling Competencies, Professional Standards and +3 skills



Cognitive Behavioural Therapy (CBT) Certificate

Centre for Excellence in CBT

Issued Feb 2024 · No Expiry

Skills: CBT Techniques, Cognitive Restructuring, Behavioural Interventions and +3 skills

Volunteering



Peer Support Volunteer

Youth Wellness Network

Jan 2023 – Present · 1 yr 5 mos

Toronto, Ontario, Canada · On-site

- Provide empathetic listening and emotional support to youth navigating stress, anxiety, and life transitions. Facilitate group activities that promote resilience, self-awareness, and positive coping strategies.

Skills: Active Listening, Empathy, Group Facilitation, Crisis Support and +4 skills

Include Volunteer Experience



Demonstrate leadership, initiative, and community involvement.

Recommendations

[Recommend Olivia](#)

Received (1)

Given



Michael Thompson · 1st

Principal at Toronto School of Leadership

May 20, 2026, Michael managed Charlie directly

Charlie is an exceptional professional who leads with empathy and truly listens.

His ability to create a safe, supportive space allows others to feel heard and valued.

His compassion and active listening make a meaningful difference in the lives of students and colleagues.

Request Recommendations



Ask professors, managers, mentors, colleagues, or clients to write recommendations that highlight your strengths, skills, and impact.



careerconference2026@yorkvilleu.ca

CAREER EDUCATION

