



**Ciara  
Thompson**

**Social Worker**

### Introduce yourself. Where do you work? What is your job role?

My name is Ciara Thompson. I am a Principal Social Worker in Adult Learning Disability Services.

### What does your job entail?

My role is to ensure that standards frameworks are in place for the members of the Adult Learning Disability Services, enabling them to practice in a safe and effective manner. I provide support to both the Social Work and Social Care workforce.

### How did you get into this line of work?

I completed a Degree in Applied Psychology, Social Work and a Diploma in Psychoanalysis. I have practiced in front line Social Work for 15 years before I took this professional development post.

### Outline your career to date?

I qualified in Applied Psychology and worked in the Prison Service, developing rehabilitation programs. From this, I worked with young people who had offending behaviour and completed my degree in Social Work while in practice. I went on to develop my learning within Family and Child-Care Services, which provided me with a great foundation to grow as a practitioner and transfer my skills into the role of Adult Safeguarding Lead. I then spent a lot of my career in the Regional Emergency Service, covering all disciplines of Social Work before settling into my current post as Principal Social Worker.

### Tell us about your qualifications and training?

BSC (Hons) Degree in Applied Psychology; BSC(Hons) Degree in Social Work; Diploma in Psychoanalysis; Social Work Specialist Award.

### What qualities are required for your job – personal and professional?

Good morals and values to advocate for every person you work besides, with and for. To focus on empowerment and equality for all. The most important skill is listening.

### What is the best advice you have ever received?

To look after your own well-being in order to be there to support others when they need it.

### What do you like to do in your spare time?

Gym – any form of fitness and time with my family.

### Tell us an interesting fact about yourself?

I was a lifeguard for Walt Disney World in Florida, Typhoon Lagoon.

### Who has inspired you most in your life?

My dad!

### What advice would you give your 16-year-old self?

Never take anyone else's negativity on board as your own as it only gives you wrinkles.