

Paula Clements 32 Jellicoe Drive Hamilton  
Ph. 07 8566979 Email p.clements@orcon.net.nz  
MNZAC. MANZPA

**Professional Reference – Jenny Ensing**  
**23rd September 2013**

I consider Jenny Ensing very capable of establishing and maintaining a close empathetic, therapeutic counselling relationship with clients as witnessed by families who have benefitted from counselling sessions and returned for further support. Jenny has shown she is an effective, careful and safe practitioner.

In her practice Jenny is familiar with and demonstrates core counselling skills. She is also interested in other modalities and approaches, especially those which work well with young people. Jenny is expanding her skill base to enable her to work in the best way with individual clients and families.

Jenny is on a journey of self discovery and I have noticed many changes in her level of comfort with herself and others. She is very self reflective in her practice and on her personal life.

Jenny makes good use of supervision sessions, attends regularly and punctually and is committed to the process. She comes well prepared and presents clients and work situations for feedback and guidance. She and I have had an arrangement where she is able to call if she has been unable to resolve a difficulty herself. This has occurred very occasionally and always with good reason, however she has never taken advantage of this facility. Jenny is very willing to seek and take feedback and external supervision is clearly an important part of her practice. She also makes good use of internal supervision in her placement and marries the two very well.

Since I have supervised her, Jenny's placement has been at Barnardos working primarily with children, young people and their families. This is not an easy area of work. She relates well to young people, their welfare is clearly important to her and she is well suited to this work. Jenny has the ability to work with the family/whanau, individually and as a whole.

Many Maori families access Barnardos services and there is a strong bi cultural awareness in the agency. Jenny is conscious of making all clients welcome and offers refreshment and the opportunity to begin the session in a way that is comfortable for the clients. She has recently instigated consultation with a Maori colleague and this has offered some new insights into the experience of a young Maori person growing up in New Zealand. It has also been the cause of some reflection on her own experience as a young person.

Jenny has a very high standard of personal ethics and will challenge a situation that appears to contravene that standard; even if there is a power differential. Jenny has discussed with me ethical dilemmas where her personal beliefs are not in accordance with the behaviours and beliefs of the client. I have been impressed that she is able to see outside her own belief system and work well for the autonomy of the client. She is cognisant with the NZAC Code of Ethics, is familiar with its content and works within the framework.

Yours sincerely

Paula Clements  
Counsellor, Supervisor