



New Feature!

## KCA Q&A

### *Artemis Manias, Family & Couples Specialist (Richmond)*

This quick-fire Q&A session aims to introduce you to other members of KCA staff and give you an insight into who they are and what they do. If you would like to feature or would like to nominate someone, please contact [laura.webb@kca.org.uk](mailto:laura.webb@kca.org.uk)



To make a suggestion or a contribution please contact:

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#### **Why did you become a family and couples specialist?**

It sort of fell into my lap. When I was in the managerial position I was providing the data for families and couples. This coupled with the fact that I had done the training meant that it followed logically for me to take on this role.

#### **So far, what has been your best moment whilst working for KCA?**

Working with the team - we are full of fun and giggles.

#### **What has been your most challenging moment whilst working for KCA?**

Being thrown in at the deep end in my role as a manager, during a time when various changes were happening which meant support was limited.

#### **What is the best aspect of the job?**

I love my work and being a clinician. I'm able to work freely and its great to see the results of my collaborative work with clients, hear positive feedback and witness recovery.

#### **Who has been the biggest influence on your career?**

My clients. Their reports of recovery and getting better and their verbal feedback gives me confirmation that what I am doing has a purpose.

#### **What has been your greatest achievement, at work or otherwise?**

During my time as a service manager, I was told I was a good manager and liked by the team. As a clinician, I have worked with clients of dual diagnosis who were told by other services that they couldn't help them. I have challenged this and seen full recovery and clients getting their life back on track.

#### **What is your best characteristic, at work or otherwise?**

I love people and interacting with people. I'm transparent so I'll let you know what's on my mind if asked. I can also leave my bad moods at home and come into work with a professional attitude.

#### **Do you have any bad habits?**

I can be scatty and because I'm a perfectionist I can overstress about things.

#### **What's your favourite film?**

The Deep Blue.

#### **What's on your iPod?**

I have an iPad instead, full of photos of my daughter.

#### **If you were stranded on a desert island, what three items would you take?**

Water, a weapon and aspirin.

#### **What do you enjoy doing, outside of work?**

I love dancing, mostly jazz, because I used to be a theatre dancer. I also love swimming and spending time with my daughter doing arts and crafts.

#### **If you could have anyone over for dinner, who would it be?**

Carl Jung, a psychotherapist, because he had a pioneering open minded approach to therapy that I connect to.

#### **If you weren't doing this job, what do you think you would be doing instead?**

I'd be singing, which I did for 20 years. I trained at the London Theatre School and went on to work with various bands before I had my daughter. I would love to go back to that.