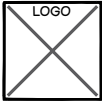


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What to Expect & FAQ's

Testimonials

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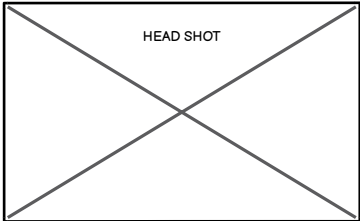
Let's talk about it



Get in touch

HERO IMAGE

Brief Intro



HEAD SHOT

About Me

As a therapist, I believe in the power of the human mind to heal itself. I have spent the last 10 years working with clients who have experienced a wide range of mental health issues, from anxiety and depression to trauma and personality disorders. My approach is holistic, focusing on the mind, body, and spirit. I believe that everyone has the capacity for growth and change, and my role is to help them discover their own strength and resilience. I am passionate about helping people find their way back to a life of meaning and purpose. I am currently working as a therapist at a private practice in London, where I provide individual and couples therapy. I am also a member of the British Association of Counsellors and Psychotherapists (BACP) and the UK Council for Psychotherapy (UKCP).

Location Descriptions



Walking therapy

Walking therapy is a form of outdoor therapy that involves walking in nature with a therapist. It is a powerful way to connect with the natural world and to explore the mind-body connection. Walking therapy can be used to help people with a wide range of mental health issues, including anxiety, depression, and trauma. It is a safe and effective way to explore difficult emotions and to develop coping strategies. Walking therapy is also a great way to build self-esteem and to develop a sense of purpose. It is a unique and powerful way to experience the world and to connect with oneself. Walking therapy is a form of outdoor therapy that involves walking in nature with a therapist. It is a powerful way to connect with the natural world and to explore the mind-body connection. Walking therapy can be used to help people with a wide range of mental health issues, including anxiety, depression, and trauma. It is a safe and effective way to explore difficult emotions and to develop coping strategies. Walking therapy is also a great way to build self-esteem and to develop a sense of purpose. It is a unique and powerful way to experience the world and to connect with oneself.



Indoor sessions

Indoor sessions are a form of therapy that takes place in a safe and comfortable indoor setting. This can be a room in a therapist's office or a dedicated space within a community center. Indoor sessions provide a controlled environment where clients can explore their thoughts and feelings without the distractions of the outdoors. This type of therapy is particularly useful for clients who may find it difficult to engage in outdoor activities. It allows for a more focused and structured approach to therapy, with the therapist able to tailor the session to the client's needs. Indoor sessions can be used to help people with a wide range of mental health issues, including anxiety, depression, and trauma. It is a safe and effective way to explore difficult emotions and to develop coping strategies. Indoor sessions are also a great way to build self-esteem and to develop a sense of purpose. It is a unique and powerful way to experience the world and to connect with oneself.



Online

Online therapy is a form of therapy that takes place via a secure online platform. This can be done through video conferencing, phone, or text. Online therapy provides a convenient and accessible way for people to receive therapy, especially for those who may have difficulty attending in-person sessions. It allows for a more flexible and structured approach to therapy, with the therapist able to tailor the session to the client's needs. Online therapy can be used to help people with a wide range of mental health issues, including anxiety, depression, and trauma. It is a safe and effective way to explore difficult emotions and to develop coping strategies. Online therapy is also a great way to build self-esteem and to develop a sense of purpose. It is a unique and powerful way to experience the world and to connect with oneself.

Footer

Crisis Links

Who to call in a crisis

☎ Shout	01010 000 002
☎ Samaritan	01010 000 002
☎ Papyrus	01010 000 002
☎ Suicide Prevention	01010 000 002

Accreditation

Accreditation



As a therapist, I am proud to be a member of the British Association of Counsellors and Psychotherapists (BACP) and the UK Council for Psychotherapy (UKCP). Both of these organizations are highly respected and provide a rigorous standard of training and supervision. I am committed to ongoing professional development and to staying up-to-date with the latest research and best practices in the field of therapy. I am also a member of the International Association of Music Therapists (IAMT) and the Association for Music and Psychotherapy (AMP). I believe that music can be a powerful tool for healing and transformation, and I am passionate about helping people explore their own creativity and self-expression through music.

Contact Details

Contact Detail

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