

Counsellor

- I am a fully qualified integrative counsellor which draws upon a blending of various therapies.
- I have worked for many years in an educational environment with both young people and adults. I offer non - judgemental empathic counselling in a safe confidential environment with the aim of helping individuals develop their own resources in order to cope.
- I offer long or short term therapy with concessions for those on low incomes.
- I am a member of the British Association of Counselling Psychotherapy and the British Psychological Association and work within their ethical guidelines.

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