



Nelson

COUNSELLOR & PSYCHOTHERAPIST

APPROACHABLE • AUTHENTIC • ADAPTABLE • SUPPORTIVE

EDUCATION & QUALIFICATIONS

- Psychoanalysis Psychotherapy, Professional ASC Practitioner Diploma
- Teaching Support work in Schools & Colleges, NCFE CACHE Level 2
- Introduction to Psychology: The Psychology of Personality
- NCS Member - National Counselling and Psychotherapy Society

EXPERTISE

- Depression
- Low mood
- Family
- Relationships
- Change
- Loneliness
- Confidence
- Work Issues
- Young Peoples counselling
- Older Peoples counselling
- Loss
- Current/ Recent events
- Past events
- Stress

SAFETY CHECKS

- DBS
- Safeguarding Children, Level 2

PERSONAL EXPERIENCE

- Running a psychotherapy, personal development and mentoring practice. Running 1-2-1 private sessions, workshops, and support groups for adults and young people, focusing on trauma, depression, anxiety, relationships, stress and low self-worth.
- Mental Health support worker - providing mental health support and care to vulnerable adults with their needs through their journey of rehabilitation and self-independence.
- Academic Support Assistant - working with teaching staff to provide high-quality positive support to EHCP students.



contact@counterpoisewellness.com



www.counterpoisewellness.com

