



Shelley

COUNSELLOR

EMPATHETIC • PROFESSIONAL • SUPPORTIVE • COLLABORATIVE

EDUCATION & QUALIFICATIONS

- BSc (hons) Nursing Mental Health
- Hypnotherapy and Counselling Skills, Chrysalis Certificate
- Psychotherapeutic Counselling Practice, Professional Diploma
- Couples Counselling, Specialist Diploma
- Life Coaching, Diploma
- Grief and Bereavement Counselling, Diploma
- Cognitive Behavioural Therapy (CBT), Diploma
- Mindfulness, Diploma
- Eye Movement Desensitisation and Reprocessing Therapy, Diploma
- Compassion-Focused Therapy, Certificate

EXPERTISE

- Anger
- Addictio
- Anxiety
- Eating
- Body Issues
- Depression
- Low Mood
- Gender
- Sexuality
- Safety
- GRSD
- LGBTQIA+
- Stress
- Family
- Change
- Loneliness
- Confidence
- Menopause
- Work issues
- Self harm
- Suicidal thoughts
- Older peoples counselling
- Bereavement
- Loss
- PTSD
- Relationships
- Abuse

SAFETY CHECKS

- NCPS
- DBS

PERSONAL EXPERIENCE

- Focus on Anxiety, Depression Trauma Drug and Alcohol
- Adult work general Counselling - have worked as a clinical and operational line management for two inpatient wards, one being a place of safety for adults with mental health problems and complex needs.
- Clinical team manager to a team of nurses, social and family workers. Supervising and providing services for mental health and substance misuse in the community.



contact@counterpoisewellness.com



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