



Jess NCPS Acc  
COUNSELLOR

INTEGRATIVE • COUNSELLING • CBT • CREATIVE

## EDUCATION & QUALIFICATIONS

- Accredited member of NCPS
- Therapeutic counselling, Diploma
- Counselling Children and young people, Diploma
- Creative Cognitive Behavioural Therapy, Diploma
- Relationship Therapy, Advanced certificate
- Diploma in NLP

## EXPERTISE

- Anxiety
- Illness
- Self-esteem
- Depression
- Anger
- Stress
- Self-doubt
- Grief
- Eating Disorders
- Relational Trauma
- Intrusive thoughts
- Shame and Betrayal
- Couples and conflict
- Relationship issues
- Self-image
- LGBTQi+ Awareness
- Treating intrusive thoughts
- CBT
- Creative therapy
- Integrative approach
- Mindfulness-based
- Motivational Interviewing
- Neuro-Linguistic
- Person-centred
- Psychodynamic
- Relational
- Somatic

## SAFETY CHECKS

- Safeguarding of adults
- Safeguarding of children, Level 3
- DBS

## PERSONAL EXPERIENCE

- I am the director of Counterpoise
- I have had many roles throughout schools, including providing learning support, safeguarding, Creative learning, Behavioural interventions and Counselling
- Manager of daycare in the private sector and social services
- Co-Founder of Touch Design