

EDUCATION & QUALIFICATIONS

- BA Hons, Sociology
- Designated Safeguarding Lead, Certificate
- Advanced Diploma in Counselling, Level 4
- Foundation in Counselling Skills, Level 3
- Circle Practitioner, Certificate
- BACP registered member

EXPERTISE

- Anxiety
- Body Issues
- Depression
- Low mood
- Family
- Relationships
- Change
- Loneliness
- Confidence
- Work issues
- PTSD
- Current/Recent Events
- Past Events
- Stress
- Infertility, Baby Loss and Miscarriage
- CBT
- Compassion focused
- Gestalt
- Humanistic
- Integrative
- Internal Family systems
- Mindfulness-Based
- Person centered
- Rewind Therapy
- Sandplay
- Transactional Analysis

SAFETY CHECKS

- Enhanced DBS

PERSONAL EXPERIENCE

- Volunteer Counsellor, providing 1:1 counselling to young people aged 14-19.
- Volunteer Counsellor, providing 1:1 low-cost counselling to adults.
- Counsellor & Line Manager, Be You Wellbeing, working as a group facilitator, offering counselling for teens and adults.
- Integrative Counsellor, working holistically with clients of all ages to help with rediscovering their whole self.

