

EDUCATION & QUALIFICATIONS

- MSc, Health Psychology
- Psychology with Human Biological Studies, BSc (Hons)
- Hypnotherapy & Counselling skills, Diploma
- Counselling and Psychotherapy, Diploma & Advanced Diploma
- Mental Health Awareness, Level 2 Certificate
- Interpersonal Psychotherapy, Level A Certificate
- IAPT IPT Practitioner Accreditation

EXPERTISE

- Anger
- Anxiety
- Eating/Food,
- Body Issues
- Depression
- Low mood
- Sexuality
- LGBTQIA+
- Family
- Relationships
- Change
- Loneliness
- Confidence
- Menopause
- Work issues
- Older Peoples counselling
- Bereavement
- Loss
- Traumatic events
- Current/Recent Events
- Past Events
- Stress
- Guided Meditation
- Progressive Muscle Relaxation
- Spirituality
- Attachment-based
- Solution focused
- Coaching
- CBT
- Humanistic

SAFETY CHECKS

- Safeguarding Adults and Children

PERSONAL EXPERIENCE

- IPT Practitioner and Counsellor and Wellbeing Coach, offering Interpersonal Psychotherapy (IPT) and counselling to patients whilst also offering coaching to those who want to work on their self-development.
- Experienced Practitioner offering support to a diverse range of people experiencing mild to moderate symptoms of depression, anxiety, and other presentations of emotional challenges.
- Psychotherapist & Hypnotherapist - Providing integrative therapy to individuals and couples. Running workshops on stress and anxiety management; Conducting group work on emotional eating, bereavement, and relationships.