



Anna

COUNSELLOR

WARM • ACCEPTING • OPTIMISTIC • TRUSTWORTHY

EDUCATION & QUALIFICATIONS

- Therapeutic Counselling, ABC Level 4 Diploma
- Counselling Skills, ABC Level 3 Award
- Counselling Concepts, ABC Level 2 Award
- Mental Health First Aid Instructor/two & one-day courses.
- British Association of Counselling & Psychotherapy. Registered Member MBACP
- Mental Health First Aid England Accredited Instructor

EXPERTISE

- | | | |
|-----------------|------------------------------|--------------------------|
| • Anger | • Menopause | • CBT |
| • Addiction | • Work issues | • Compassion focused |
| • Anxiety, | • Self harm | • Creative therapy |
| • Eating/Food, | • Suicidal Thoughts, | • Emotionally focused |
| • Body Issues | • Older People's counselling | • Humanistic |
| • Depression | • Bereavement | • Integrative |
| • Low mood | • Loss | • Interpersonal |
| • Safety | • PTSD | • Intervention |
| • Family | • Current/Recent Events | • Mindfulness-Based |
| • Relationships | • Past Events | • Psychodynamic |
| • Abuse | • Stress | • Schema Therapy |
| • Change | | • Solution Focused Brief |
| • Loneliness | | • Strength-Based |
| • Confidence | | • Transpersonal |
| | | • Trauma Focused |

SAFETY CHECKS

- DBS

PERSONAL EXPERIENCE

- Generic Counselling & Mental Health Illness Counselling.
- Mental Health First Aid Instructor, delivering intensive two-day mental health first aid training to adults in groups.
- Counselling Tutor, responsible for delivering counselling training for students attending both the Award in Counselling, Concepts and Certificate in Counselling Skills courses. Including planning and preparing lessons including researching and developing teaching materials, delivering lessons in accordance with the course outline programmes.
- Group Facilitator.

