



Rhea

COUNSELLOR

EMPATHETIC • CONSIDERATE • ADAPTIVE • ENCOURAGING

EDUCATION & QUALIFICATIONS

- Masters in Counselling
- Post.Graduate Diploma in Counselling
- BSc (Hons) Psychology
- EMDR in Therapy and Coaching
- Cognitive Analytic therapy: An introductory course for Healthcare professionals, CATO
- Counselling with Sexual and Domestic Violence, The Blue Door
- Child Sexual Exploitation, The Blue Door
- Child Criminal Exploitation, The Blue Door
- Understanding Autism, Level 2 Certificate
- BACP registered

EXPERTISE

- | | | |
|-----------------|---------------------------------------------|------------------------|
| • Anxiety | • Confidence | • Attachment based |
| • Depression | • Menopause | • Compassion focused |
| • Anger | • Work issues | • Dialectal behaviour |
| • Addiction | • Self harm | • EMDR |
| • Eating/Food, | • Suicidal Thoughts, | • Humanistic |
| • Body Issues | • Young People's counselling | • Integrative |
| • Low mood | • Older People's counselling | • Interpersonal |
| • Gender | • Bereavement | • Intervention |
| • Sexuality | • Loss | • Mindfulness-Based |
| • Safety | • PTSD | • Person centered |
| • Family | • Current/Recent Events | • Psychoanalytic |
| • Relationships | • Past Events | • Psychodynamic |
| • Abuse | • Stress | • CAT-informed therapy |
| • Change | • Personality disorders | |
| • Loneliness | • People working with socialservices/courts | |

SAFETY CHECKS

- DBS

PERSONAL EXPERIENCE

- Private practitioner working with a wonderful range of people and experiences
- Therapist within a forensic psychology setting providing 1:1, adaptive interventions and care for children, adults and families
- Volunteered for a domestic & sexual abuse service promoting care, understanding and empowerment

