



Charlotte

COUNSELLOR

COMPASSIONATE • SUPPORTIVE • CREATIVE • CALM

EDUCATION & QUALIFICATIONS

- Counselling, Post graduate certificate
- Mindfulness Teaching, Certificate
- Neuro-Linguistic Programming, Diploma
- Cognitive Behavioural Therapy, Diploma, SCQF Level 8
- Drug and Alcohol Counselling and Treatment, Foundation Degree
- English Literature, Bachelor of Arts
- Mental Health First Aid, Training
- Safeguarding Adults, Train the trainer LSCDG
- Dignity in Care, Train the trainer, LSCDG
- Certified Clinical Trauma Professional Course

EXPERTISE

- Anger
- Addiction
- Anxiety
- Eating/Food
- Body Issues
- Depression
- Low mood
- Gender
- Sexuality
- Safety
- LGBTQIA+
- Family
- Relationships
- Abuse
- Change
- Loneliness
- Confidence
- Menopause
- Work issues
- Bereavement
- Loss
- Current/Recent Events
- Past Events
- Stress
- Attachment-based
- CBT
- Compassion focused
- Dialectal Behaviour
- Emotionally focused
- Family therapy
- Humanistic
- Integrative
- Mindfulness-Based
- Motivational Interviewing
- Multicultural
- Person centred
- Positive psychology
- Relational
- Solution Focused Brief
- Trauma focused

SAFETY CHECKS

- PVG

PERSONAL EXPERIENCE

- Specialist therapist, facilitating specialist groups, including grief and trauma groups, including psychoeducation and teaching various grounding/regulation techniques.
- Facilitating groups and workshops, incorporating aspects of mindfulness, CBT, relapse prevention and psychosocial interventions.
- Specialism in addiction counselling, with experience working in dual diagnosis.



contact@counterpoisewellness.com



www.counterpoisewellness.com

