



Emma

COUNSELLOR

INTEGRATIVE • MAVERICK • INNOVATIVE • FOCUSED

EDUCATION & QUALIFICATIONS

- Association for Psychological Therapies – DBT Level 2 Accredited.
- Integrative Counselling Diploma, Level 5
- Counselling Diploma, Level 3
- Counselling Skills, Level 2
- PGCE/PCET in Further Education and Training.
- NVQ Health and Social Care
- BSC (Hons) Forensic Psychology

EXPERTISE

- | | | |
|----------------|----------------------------|------------------------------|
| • Anger | • Work Issues | • Attached- based |
| • Addiction | • Self Harm | • CBT |
| • Anxiety | • Suicidal thoughts | • Creative Therapy |
| • Eating/Food | • Olde Peoples Counselling | • Dialectal Behaviour |
| • Boddy Issues | • Bereavement | • Gestalt |
| • Depression | • Loss | • Humanistic |
| • Low Mood | • PTSD | • Integrative |
| • Safety | • Current/Recent Events | • Mindfulness-based |
| • LGBTQIA+ | • Past Events | • Person Centred |
| • Family | • Stress | • Rational Emotive Behaviour |
| • Abuse | • Neurodiversity | • Solution Focused Brief |
| • Change | | • Transactional Analysis |
| • Loneliness | | • Trauma focused |
| • Confidence | | |

SAFETY CHECKS

- DBS
- BACP MBACP

PERSONAL EXPERIENCE

- Worked within a pioneer project for a community treatment team as a trauma informed counsellor
- Delivered Trauma Stabilisation groups.
- Specialist Therapist in sexual violence working within a university setting, delivering sessions of integrative counselling.
- Addiction counsellor, delivering counselling to a wide range of service users struggling with addiction and past trauma.
- Teaching an BACP Accredited Counselling Diploma, Level 3 to mature students.