



Sarah

COUNSELLOR

APPROACHABLE • CALM • CONSISTENT • RELATIONAL

EDUCATION & QUALIFICATIONS

- Therapeutic Counselling – ABC Level 4 Diploma
- Counselling Skills – ABC Level 3
- Counselling Concepts – ABC Level 2
- Complex Trauma Certification for Professionals – Training level 1 & 2
- Introduction to Neuroscience Early Years – Level 2 NCFE CACHE
- Dissociation and DID fundamentals for Professionals
- Trauma and Dissociation for Professionals
- BA (Hons) Drama

EXPERTISE

- Anxiety
- Depression
- Low Mood
- Gender
- Sexuality
- Safety
- Family
- Abuse
- Change
- Loneliness
- Confidence
- Work Issues
- Self Harm
- Suicidal thoughts
- Young Peoples Counselling
- Older Peoples Counselling
- Bereavement
- Loss
- PTSD
- Current/Recent Events
- Past Events
- Stress
- Neurodiversity
- CPTSD & Trauma Body Work
- Attachment based
- Compassion Focused
- Creative therapy
- Expressive Arts
- Humanistic
- Integrative
- Interpersonal
- Mindfulness-Based
- Parent-Child intercation
- Psychodynamic
- Sandplay
- Trauma Focused

SAFETY CHECKS

- DBS enhanced

PERSONAL EXPERIENCE

- Trauma informed therapeutic counselling.
- School counsellor
- Counselling services in a residential community
- 1:1 clients with anxiety, depression, redundancy, life event
- Somatic approaches