



## NORTHAMPTON CLINIC – THERAPIST BIO

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### Ish Chuhadry



Ish has been working in Human Resources for the last 20 years and has always been interested in what makes us tick and wondering why do we do the things we do? As part of this she decided to retrain and study counselling; learning more about herself in the process and how counselling can really change lives.

It can be really hard to ask or admit you need help, perhaps even where to start. We spend so much of lives saying we are fine, when at times things are not fine. Sometimes, you may not have anyone to talk through things with.

As a qualified counsellor Ish offers clients a person-centred approach to counselling with the view to support their mental health and wellbeing and facilitate change.

She also offers coaching to those who wish to develop and achieve their goals in more structured way. Clients may need support to achieve specific goals or even deciding. Maybe you just feel you have lost your focus and need find your purpose again. It may only take a few sessions to allow you to feel unstuck again and able to move forwards

### Qualifications

She holds a Diploma in Therapeutic Counselling and a BSc (Hons) degree in Behavioural Sciences. She is a Member of the British Association of Counselling & Psychotherapy (BACP) and work to their Ethical Framework guidelines. She undertakes regular professional training to keep updated and has regular supervision with a qualified supervisor. She has worked as a volunteer counsellor at Rushden MIND and at Northampton Rape Crisis.

She is also Chartered Member of the Chartered Institute of Personnel & Development and have worked in Human Resources with a specialism in Recruitment for many years.