



## NORTHAMPTON CLINIC – THERAPIST BIO

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I have an inherently caring and nurturing disposition and my reflective nature and listening capabilities have led me to become a qualified counsellor.

I hold a Foundation Degree in Integrative Counselling which incorporates psychodynamic theory that deals with helping a client unravel deep-rooted issues from the past in order to resolve the impact it is having on them in the present, and person-centred theory where the clients focuses on changing the skewed perception he or she may have of themselves with a view to become the best person that they can be.

I have worked many years at Northampton Rape Crisis Centre and additionally for the past few years I have been counselling on a private basis helping people with issues such as eating disorders, low self-esteem etc. I find the integrative approach most suitable as it allows me to adapt the best theory to suit the client.

I am very passionate about my work and helping others to resolve internal conflicts.

I am a member of the British Association for Counselling and Psychotherapy (BACP) and pride myself in maintaining a high standard of professionalism by complying with the ethical codes of conducts set by them.

I provide a comfortable, secure, private space enabling clients to feel confident and safe enough to talk freely.