



NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website www.northamptonclinic.com or call 01604 632232

Lydia Brown



Lydia qualified as a counsellor in 2007 from University of Leicester with a Dip HE in Contemporary Psychodynamic Counselling.

Our sessions will be focused on your true feelings and responses with the aim of helping you to gain insight into your difficulties and developing your own resources to cope with your challenges.

I offer one to one counselling to adult individuals. I aim to offer an approachable, professional counselling service for individuals experiencing emotional and personal difficulties, whether these are new or historical issues.

I firmly believe that counselling should be accessible to people from all backgrounds, particularly those who might feel anxious or unsure about seeking professional help for their problems. So if you would like to find out how counselling can help you, I offer a free 30 minute consultation where we can meet one another and you will have the opportunity to ask me any questions you may have about coming for counselling.

I am a Registered Member of the British Association for Counselling and Psychotherapy, fully insured and DBS checked.