



NORTHAMPTON CLINIC – THERAPIST BIO

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

Laura Simms



Laura believes counselling can enhance emotional wellbeing and aid personal development; you don't need a diagnosed issue for it to be beneficial. You might want to change current thoughts/behaviours for a specific issue; you might need to freely express emotions and work out your best way forward. You might need to safely explore past experiences and significant relationships to make sense of your present.

Laura is a registered member of the British Association for Counselling and Psychotherapy and is a Relational Integrative Practitioner. She is professionally trained in Psychodynamic, Person-Centred and Cognitive Behavioural Therapies. She also specialises in bereavement counselling, delivering training and clinically supervising other counsellors.

Laura has worked extensively with young people from 12 years old collaborating with local youth agencies and CAMHS referrals with issues such as: self-injury, depression, anxiety, OCD, suicidal ideation, gender and sexuality.