



NORTHAMPTON CLINIC – THERAPIST BIO

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

Louise Hunt



I'm qualified and registered as a 'Full Practitioner'. I specialise in Cognitive Behavioural Therapy, Mindfulness Therapy, and Diet and Nutrition Therapy. I practise with empathy which occurs through being non-judgemental, non assuming and using a caring environment that allows you to explore, learn and most importantly heal.

Having suffered with many different conditions over the years including Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS), and Fibromyalgia, I have first hand experience of what it's like to live with challenging obstacles.

After years of suffering and countless remedies and treatments, the break-through came when I visited a Cognitive Behavioural Therapist during my early twenties. I started to re-build my life, gain confidence and seriously improve my health. With my life and health back on track, I was inspired to take Advanced Cognitive Behavioural Therapy and Mindfulness courses to help other individuals of all ages who may be going through similar life situations.

MINDFULNESS - BASED COGNITIVE BEHAVIOURAL THERAPY SESSIONS

Cognitive behavioural therapy (CBT) is a talking therapy. It has been proven to help treat a wide range of emotional and physical health conditions in adults, young people and children. CBT looks at how we THINK about a situation and HOW this affects the way we ACT in the 'here and now'. In turn, our actions can affect how we think and feel.

CBT therapy looks for ways to improve your state of mind. Through client sessions, we will work together to change your behaviours and thinking patterns to help treat any underlying issues.

THERAPY SESSIONS CAN HELP...

- Anxiety
- Depression
- Phobias and panic attacks
- Stress and anger management
- Low self-esteem
- Emotional issues
- Physical health problems
- Obsessive compulsive disorders (OCD)
- Bipolar, bulimia or psychosis
- Post traumatic stress disorder (PTSD)
- Chronic fatigue and pain
- Grief and loss
- Eating disorders
- Sleep problems
- Balance disorders
- Relationship issues