I am a qualified relationship counsellor, supporting individuals and couples with a wide range of relational and emotional challenges. I work integratively and have experience working with same sexed couples as well as heterosexual couples. I also have experience working with military couples and the difficulties this can raise. I have worked with Plymouth Relate for 18 months.

I draw on my experience of person-centred, psychodynamic, systemic, CBT approaches. I feel confident in my ability to work with a diverse range of people and to remain neutral and non-biased in the counselling room with a couple. I feel I am skilled at creating a space for clients to explore intimacy issues, communication difficulties, infidelity, separation and attachment patterns.

I am a registered member of the BACP and am working towards Accreditation when the new SCOPE process is in place.

I practice mindfulness as part of my self-care and grounding. I use breathwork and also bring this into sessions to help lower any tensions or heightened emotions.

I am now seeking a role where I can continue to support clients in strengthening their relationships and their emotional resilience, improving patterns of behaviour and communication.