Hi There,

I have recently moved to the area from South Wales. I am looking to increase my client base and counselling hours. If I would be able to pick up a day of clients with Personal & Relationship Counselling Service that would be great.

I’m a Relational Integrative Counsellor and Psychotherapist registered with the British Association for Counselling and Psychotherapy. I qualified as Level 7 Postgraduate Diploma Integrative Counselling & Psychotherapy in 2023 and completed Level 5 Post-Qualifying Diploma in Counselling Children and Young People in 2024. Since April 2023 I have gained over 520 clinically supervised hours with adult clients plus 27 hours of children and young person’s counselling sessions.

I have over 7 years’ experience of supporting people with their mental health and wellbeing with in the third sector.

My model of therapy is ‘relational’, with the therapeutic relationship being central and how it can help heal emotional traumas. I have trained in all three main schools of therapy; Psychodynamic, Person-centred and Cognitive Behavioural Therapy (CBT).

I am keen to balance my current affiliate counsellor hours with an EAP Providers with a regular day of work. I am also on the counselling directory offering private therapy but this hasn’t quite picked up yet.

Thank you for your time and consideration of my application.