

Integrative Counsellor



Location **South West, Avon**
<https://www.freeadsz.co.uk/x-331689-z>



I am a fully qualified counsellor, registered member of the British Association for Counselling and Psychotherapy (BACP) and member of the British Psychological Society. I can offer you a safe and confidential environment where you can explore and discuss your concerns at your own pace, without fear of judgement. I passionately believe in the power of listening, empathy, acceptance and giving opportunities to clients to explore whatever they are experiencing patiently and supportively. With greater insight and care, clients can see their self-confidence improving and feel empowered to make the decisions that are right for them. My approach is non-directive, which means that YOU decide what and how much you tell me. I embrace diversity and differences and I have been privileged to work with people from different walks of life, ethnicities, religions, cultures and sexualities. Difference does not have to mean isolation, misunderstanding or rejection. We can find a common language to work together by accepting and being curious about one another. I work in an integrative and relational way. I use different models and techniques to adapt my approach to your unique needs and the most important aspect of our work together will be our relationship, based on trust and mutual respect. I offer a free 30 minute initial consultation to meet, decide if we can work together and give you the opportunity to ask me questions. My usual rate is £35 for an hour session after the initial consultation. I offer concessions for clients on low-income and student counsellors. Please do not hesitate to contact me to discuss this.



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