

# Psychotherapy and Counselling in London



Location

London, London

<https://www.freeadsz.co.uk/x-352661-z>


Using the following effective therapy techniques, I work with my clients towards the change they wish to achieve in their lives and a healthy mind: Integrative Psychotherapy and Counselling Cognitive Behavioural Hypnotherapy and NLP Emotional Freedom Technique (EFT) What I offer my clients: - A safe, non-judgemental and caring environment - Face-to-face and skype sessions - A unique combination of therapies maximise your recovery rate - Provide clients with an opportunity to develop a sense of self wherein they can reflect and explore their attitudes, feelings and behaviour - Empower and support clients to build emotional resilience and achieve the changes they

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