

Cognitive Behavioural Therapy and NLP Coaching in Stockport or online



Location **North, Cheshire**
<https://www.freeadsz.co.uk/x-378811-z>



I am a qualified Cognitive Behavioural Therapist offering 1-2-1 sessions in Stockport. I can also offer online / video sessions with people outside of Stockport.

Within my sessions I also include elements of coaching as an integrative approach, having completed qualifications in Neurolinguistic Programming (NLP). CBT is a fantastic treatment for all sorts of mental health conditions, such as:

- Depression
- Low mood
- Low self-esteem and confidence
- Phobias

- Insomnia I also offer a free telephone consultation before booking. 1 hour sessions are £45 or a block booking of 6 sessions can be made for £245 Please feel free to contact me for more.



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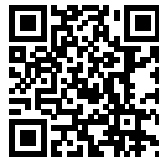
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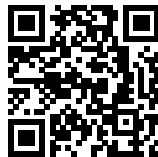
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