Counselling

I am a qualified BACP registered counsellor working in Tunbridge Wells and Tonbridge,
I work in an integrative way having trained in Humanistic, Psychodynamic and Intercultural approaches but more important than the approach we use will be the relationship we build together, one of respect, trust and honesty.
I continue to build my knowledge by continued professional development and have a very broad experience of life and the chal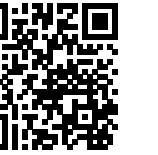lenges we all face as human beings which I think helps me to provide a compassionate therapeutic safe space for you to explore your feelings and collaboratively we will find a way of working that suits you and your needs.
Counselling can help with problems such as:

Anxiety
Depression
Low self-esteem
Relationship issues
Stress
Anger
Bereavment
Lack of direction
Abuse
Trauma

However this a collaborative effort and involve hard work at times.
Training Qualifications & Experience
Adv Diploma in therapeutic Counselling
Registered member of the BACP
Counsellor for Mind
Counsellor for St Peter and St James Hospice
Bereavement support for Cruse
Additionally I work privately seeing a diverse range of adult clients with issues such as depression, anxiety, abuse and low self-esteem.
I have worked for a Hospice offering Bereavement Counselling and also for Cruse.
If you think I might be able to help please don't hesitate to get in touch.

For more information please have a look at my.