

Reaching Out Counselling Registered MBACP



Location **Wales, South Glamorgan**
<https://www.freeadsz.co.uk/x-567095-z>



Bacp Registered Counsellor. I have been working with clients since 2008 and I have an advanced diploma in counselling also level 4 in children and young adults. My therapeutic background is in Humanistic counselling with a strong focus on Person-centred approach. Where necessary I am experienced in Integrating other approaches, such as Cognitive Behavioural therapy to meet your therapeutic need.

I have worked with young people and adults with a wide range of difficulties.

Bereavement, Anxiety/Depression, Low Self Esteem, Low Self Confidence are just some of the difficulties that can be resolved through counselling.

I offer the opportunity for you to be listened to with warmth, respect and without judgement. I aim to develop a trusting safe environment to explore your thoughts and feelings, supporting you to move towards your goals and preferred future.

Unless you are willing to give counselling an opportunity to help you make changes in your life, you will never know what positive difference it could make to you and those around you.

Sessions are 1 hour:











Adults £30.00

Gp referral £20.00 (letter from gp required)

Children/ Students £20.00

For more information please do not hesitate to contact me either email or telephone.07533514762
 075335147...(click to reveal full phone number) /click to contact

Please visit my web site: www.reachingoutccounselling.co

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