My Methods:

The first session can be very daunting. I understand completely.. I will do my best to help you to do this. The first session is really about seeing if I am the right counsellor for you, setting out the issues that you would like to explore and agreeing terms such as day and time etc.

Counselling is about giving yourself the support you deserve to help you manage the difficult experiences in your life. I have a vast range of experience in working with adult issues, with over 15 years’ experience in counselling adults.

Working with adolescents requires a different range of skills than with adults. I found that I have a passion for teenage wellbeing and supporting parents and decided to upskill to work with teenagers.