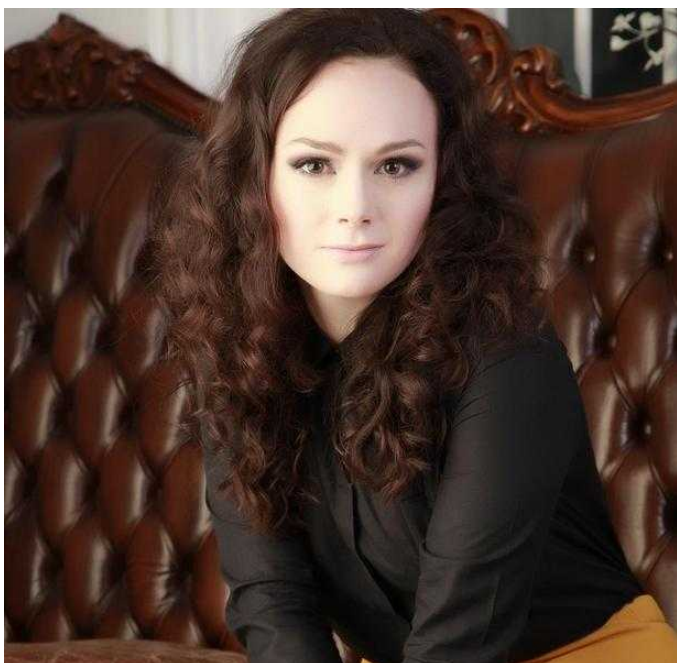


# Counselling and Therapy Service in West London W14 (West Kensington)



Location **South East, Middlesex**  
<https://www.freeadsz.co.uk/x-371613-z>

I provide counselling and therapy services in West London W14 on a confidential basis to a variety of people facing a variety of challenges in their lives.

Many of my clients come to me because they face:

- Relationship, sex and family issues, anxieties and breakdown
- Work and professional stress, anxiety and crisis
- Alcoholism, drug dependency, sexual, relational and other addiction problems
- Eating disorders, including anorexia, bulimia, binge eating and other food dependency issues
- LGBT, minority and other discrimination issues
- Self-confidence, self-esteem and anxiety-related issues
- And many more.

I have met people who have been shamed and stigmatised because of their sex, gender, their ethnicity, their culture, race, religion, disease status, education and moreover, because of the nature of their issues. Many also face misunderstanding within their social contexts when grappling with the symptoms of drug, alcohol, food, relational, gambling and work addictions. That's why I started to practice.

My ethos is simple. It's about:

- Serving all communities and all people in a non-judgemental way
- To provide a safe and non-judgemental space for my clients, to be heard and understood
- To help my clients to explore their issues and to work towards their goals
- To help my clients to develop their self-esteem and self-confidence
- To help my clients to develop their resilience and coping strategies
- To help my clients to develop their self-awareness and self-compassion
- To help my clients to develop their self-efficacy and self-empowerment
- To help my clients to develop their self-compassion and self-acceptance
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In short, I believe in supporting people in their journey towards mental, emotional and spiritual wellbeing by nurturing the human potential for strength, hope and healthy interdependence. Find out more, please click on <http://talkingtime.co>

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