

Cornercounselling..Therapeutic confidential counselling



Location **North, Lancashire**
<https://www.freeadsz.co.uk/x-569938-z>

I offer a non -judgemental 'Person Centred' therapy and a warm safe place for a person to explore the issues that are of importance to them. I treat each person as a unique individual. Some of the issues I can provide help with

Anxiety Depression Fears Obsessions Relationship issues Suicidal thoughts Self- harm Addictions Eating disorders Abuse in childhood Abuse in adulthood Insecurities Low self worth Irrational thoughts

I have had several years of experience and have worked for a charity, based in Accrington and also in learning disabilities/mental health sector for many years.

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I am a member of the BACP (British Association for Counselling and Psychotherapy) and have spent several years in training. I am qualified (BTEC Level 5 Diploma in therapeutic counselling) (ABC Level 2 in counselling concepts) (ABC Level 3 in counselling skills)



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