

Experience

I have experience in dealing with:

Trauma
Phobias
Pain Management
Motivation
Sudden Death
Relationship Issues
Sports Psychology
Weight Management
Anxiety
Low Self Esteem
Stress Management
Self Harm
Abuse
Relaxation Techniques
Assertiveness
Loss and Bereavement
Interview Techniques
Change Management



Qualifications

I hold an Honours Degree
in Counselling
Practical Foundations of CBT
at Masters Level
Certificate in the Practical
Applications of Hypnotherapy
EMDR Level 2
and am a Master Practitioner
in the Art & Science of
Neuro Linguistic Programming

I am a member of The British
Association for Counselling and
Psychotherapy (BACP)
and as such adhere to and
am bound by its Code of
Practice and Ethics

I am an Accredited member of
The National Counselling
Society (NCS)
A Member of EMDR UK &
Ireland, and the
International NLP Trainers
Association (INLPTA)



SMT Counselling



Counselling
Hypnotherapy
E.M.D.R.
C.B.T.
N.L.P.

Mobile

07790 650009

Email

smtcounselling@gmail.com

Visit

www.smtcounselling.com

Counselling

Counselling offers a safe place to reflect upon and come to terms with your unique experiences of life and relationships



As a Person Centred Counsellor I provide the opportunity to examine in depth your experiences by allowing you time and space in which to confront your problems

Using an Integrative Approach I'll draw on many strategies helping you explore future possibilities

Counselling gives you the opportunity to talk to someone who is completely objective and non-judgemental

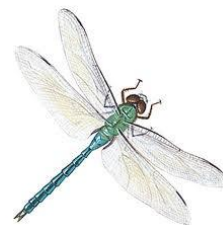
Hypnotherapy

Hypnosis is a scientifically verified and effective technique that can promote accelerated human change.

With hypnosis we can create desired changes in behaviour and encourage mental and physical well-being

I will suggest ideas, concepts and lifestyle adaptations, like smoking cessation, weight control etc, the seeds of which will become firmly planted

Hypnotherapy is a relaxing and effective way to overcome the negatives and limiting aspects of your life



N.L.P.

Neuro Linguistic Programming (NLP) enables us to eliminate old habits and limiting beliefs and create new behaviours quickly and easily

Do you want to improve your relationships with others, become stress free & raise your self-esteem?

Do you want to improve, enhance & develop your performance in sport, business or entertainment?

NLP offers an empowering experience

If you always do what you've always done, you'll always get what you've always got!

