COVID 19: I have been working throughout the COVID 19 pandemic offering online sessions, utilising BACP ethical guidelines and working within the framework of government regulations to ensure client safety.

With experience of both face-to-face and remote sessions, via zoom and telephone, I can provide a range of ways for us to work together.

To see what might be best, I offer a free 15-minute initial telephone/video consultation. This is your chance to ask questions, express any concerns you may have and see if counselling might be for you and how we could work together. Please do get in touch - I’m ready to listen.