

I offer individuals and couples counselling from a counselling room in North London. See Location. I can offer you assistance in getting your needs met in your life, from conflict in your relationship, to depression and anxiety that's bad enough to interfere with your sleep or energy. I work in a short term, goal-orientated way using traditional couples counselling and the new Human Givens Therapy. I qualified as a Couples Counsellor with Relate in 2007. This was following a period of voluntary telephone counselling at the young people's charity, Childline between 2000 and 2004. I trained and qualified as a Human Givens Therapist while still working to complete my period of 240 hours of supervised counselling at Relate. I passionately wanted to become a Human Givens Therapist as I felt that this exciting new therapy would assist me in being far more effective in all areas of my practice. In 2007 I gained a distinction in my Human Givens Diploma and in June 2009 I passed the Human Givens Post Graduate Diploma and became a full member of the Human Givens Institute. In 2008 I worked on an honorary placement in an NHS clinic in Milton Keynes under consultant psychiatrist Dr Farouk Ochai. I have been married for 23 years and have two children, so I do know how challenging family life can be. Before having my children, I was a practicing family law solicitor. I saw at first hand how destructive the divorce process can sometimes be. That is what led me to switch paths and work with couples to repair their relationships and move forward together. Today I get satisfaction seeing couples reconnect wherever that is possible. Give me a call now on 07941 914 689 or eMail Me