



Hello, my name is Lindy,

I volunteer for No Limits as a Counsellor and for Cruse bereavement care the latter in the roles as a bereavement supervisor and bereavement counsellor. As well as working with young people at No Limits, I specialise in supporting the bereaved at any stages in and during their bereavement whether past or present.

I am a registered member of the British Association for Counselling and Psychotherapy (BACP) and a qualified gestalt counsellor with a wealth of counselling experience. I am also a qualified clinical counselling supervisor with Cruse bereavement care helping bereavement counsellors with their client work. I have a current

enhanced Disclosure and Barring Service (DBS) check.

As a therapist I work in a creative approach providing help to individuals allowing them to gain personal growth I can also work in and from different therapeutic approaches to suit a client's needs. I enjoy my work as a counsellor where I am invited on a person's personal journey. I facilitate, choices, ethical dilemmas and any other issues without interpretations or judgement. I am empathic, genuine offering unconditional positive regard.

No one is the same we are all individuals holding our own beliefs and values and I believe every individual has their own unique style of gaining an insight to their presenting issues. The counselling process may be a difficult yet an awarding journey to a person's growth, behaviours and personal awareness. Here I can offer the support a person needs to follow their journey gain clarification to themselves as wells as others.