



Hello, my name is Aimee and I am a counsellor and counselling assessor at No Limits. Your counselling assessment is the initial meeting and gives you the opportunity for you to talk about what you feel you would like to bring to your counselling sessions, and for us to see what further support we can offer you within No Limits.

I am a qualified Person-Centred Counsellor, with experience of working with clients from educational settings. By offering a safe and non-judgemental environment, it can enable you to explore and understand your feelings. I believe the client to be the expert of their world, and by building a trusting relationship, together finding common answers and exploration.

I am a registered member of the British Association of Counselling and Psychotherapy and abide by the Ethical Framework. Confidentiality is a vital part of working ethically with clients, having counselling allows you to understand how you are feeling in a private and confidential space.

If you feel you have an emotional challenge that feels too difficult to face alone, we are here to support you at No Limits.