



Hello, my name is Jill and I'm a Senior Counsellor and Clinical Supervisor here at No Limits.

Throughout my working life I have been involved in enabling people to grow and change. Prior to training as a counsellor, my background was in management, coaching and training and development.

I am a professionally qualified counsellor, supervisor and lecturer and a registered member of the British Association for Counselling & Psychotherapy (BACP). I am bound by and adhere

to its Ethical Framework for Good Practice.

I am a trained Humanistic therapist where my focus is to create a safe space for clients to explore their issues, gain insight and find solutions that will enhance their emotional wellbeing. My aim is to build a trusting relationship which will allow honest reflection of the client's current situation, enabling an increase in self-awareness and an ability to make progress with their presenting issue.

I also work as a clinical supervisor where I support practitioners with their client work. I currently work with counsellors, teachers and various project workers to reflect on their relationships with clients and explore various interventions to enhance the outcomes of the work and to maintain professional standards.

I lecture on the various levels of counselling training and enjoy supporting the students on their learning journey. I facilitate a safe and inspiring environment where students can increase their knowledge and understanding, grow in confidence and ultimately qualify as a counsellor.