

LORRAINE VOSPER



EMAIL

Lorraine@walkthewalkcic.co.uk

WEBSITE

QUALIFICATIONS

- LEVEL 5 Therapeutic Diploma in Person Centered Counselling
- Diploma in Psychodynamic Counselling
- Foundation Course in Counselling skills
- Grief Counselling Skills LEVEL 3
- BSc (Hons) Cancer & Palliative Care
- Psychological Assessment Skills
- Accredited Member of NCPS

CLIENTS I WORK WITH

Adults

PROFESSIONAL SUMMARY

As a person-centred therapist, I offer a safe, non-judgemental and confidential space for clients to explore their thoughts, feelings and anxieties within a therapeutic relationship. Together we can explore the issues you bring and work towards a greater level of self-awareness that will bring about change remembering that 'you are the expert on you'. You have an innate ability to know what your best solutions are and together we can help you improve your self-esteem, motivation and build a stronger belief in yourself. The therapeutic process can enable you to move forward as a stronger version of yourself.

Sometimes, just feeling heard and understood, in a space that's free from pressure and judgement can be the first step in making changes in your life. I work with trauma and historical trauma and have worked within a service offering support for these issues alongside Domestic Violence. I have years of experience in working alongside people experiencing grief, both pre and post bereavement. I work within a multi-disciplinary team, offering psychological support to patients and their families facing life-limiting illnesses. I also offer counselling to Healthcare Professionals allowing them to explore their emotions whilst working within a challenging profession

SPECIALIZATION

Domestic Violence

Trauma

Historical Trauma

Grief & Loss

Pre and Post Bereavement

End of Life care/planning

