

# MERAL NERGIZ



## EMAIL

Meral@walkthewalkcic.co.uk

## WEBSITE

## QUALIFICATIONS

- Level 2 diploma in integrative counselling
- Level 3 diploma in integrative counselling
- Level 4 diploma in integrative counselling
- AET award in education and training 2020
- Level 2 diploma in care 2017

## CLIENTS I WORK WITH

Adults

## PROFESSIONAL SUMMARY

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With over a decade of experience in mental health I am a compassionate and dedicated counsellor specializing in narcissistic abuse, trauma, anxiety, and depression. I provide a safe and supportive environment where clients can explore their experiences, understand their emotions, and develop effective coping strategies. My approach is client-centred, blending evidence-based therapies with a deep empathy for the unique challenges faced by each individual. We all face times when life feels overwhelming, times when we feel confused, stuck, or unsure about what to do next. In these moments, having someone to talk to who can listen without judgment, yet offer a fresh perspective, can make all the difference. My approach to therapy is built on compassion, respect, and confidentiality, providing a safe space for you to explore your thoughts, feelings, and challenges. Asking for support is not a sign of weakness; it is an act of courage and self-care. By focusing on yourself, you open the door to finding solutions, making meaningful changes, and moving forward with your life

## SPECIALIZATION

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Narcissistic and Domestic Abuse

Depression

Relationship Issues

Cultural Issues

Work-Related Stress

Living with Illness

Parent and child relationship problems

Anxiety

Loss and Bereavement

