

NADIA DELKHASTEH



EMAIL

Nadia@walkthewalkcic.co.uk

WEBSITE

QUALIFICATIONS

- Level 2 in Counselling Studies
- Level 3 in Counselling Studies
- Diploma in Therapeutic Counselling Level 5
- BACP registered
- Eating Disorder Course (completion date 22nd October 2024)

CLIENTS I WORK WITH

Adults, Young People

PROFESSIONAL SUMMARY

I am an experienced therapeutic counsellor, specializing in person-centered therapy with a proven track record of delivering high-quality counselling services to clients. With years of hands-on experience, I have developed a deep understanding of various theoretical counselling approaches and their practical implementation in real-world settings. Having completed training in a wider range of issues such as trauma work, anxiety, bereavement, abusive relationships, eating disorders and more. I adhere to a professional and ethical framework in all interactions with clients and colleagues. My expertise lies in maintaining client confidentiality, establishing and upholding professional boundaries, and effectively communicating with empathy and sensitivity. I excel in creating a safe and nurturing environment for clients by building strong and trusting relationships, utilizing a compassionate person-centered approach to address their mental well-being needs. With a keen interest in supporting individuals through their emotional challenges, I am dedicated to providing person-centered care to facilitate healing and growth.

SPECIALIZATION

Mental health including acceptance

Stress

Depression and Anxiety

Self-harm/suicidal thoughts

Abuse

Bullying

Mental and sexual health

Infertility

Anger management

Women's Issue's