

# WENDY SCHNEIDER



## EMAIL

Wendy@walkthewalkcic.co.uk

## WEBSITE

## QUALIFICATIONS

- level 1 NVQ in counselling studies
- level 2 NVQ in counselling studies
- level 3 NVQ in counselling studies

## BEFRIENDER

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As a trainee person-centred counsellor and a proud member of the British Association for Counselling and Psychotherapy, I offer a range of counseling services including telephone, online, and face-to-face sessions in a welcoming office setting in Bedfordshire. I am committed to upholding the ethical standards outlined in the BACP framework for good practice in counseling.

I provide a non-judgmental and safe space for clients to explore their feelings and emotions, addressing a variety of issues such as anxiety, depression, relationship challenges, and more. My goal is to support you on your personal journey towards self-acceptance and emotional well-being, believing that the power of talking things through and being truly heard can lead to positive change.

With a specialization in areas such as domestic abuse, sexual abuse, anxiety, depression, and low self-esteem, I am dedicated to helping individuals navigate life's challenges and develop coping strategies tailored to their needs. Together, we can explore your experiences and work towards healing and personal growth.