

Hello I'm Nicole and I am a humanistic integrative counsellor and psychotherapist with over ten years experience. I am also a tutor and supervisor. Three years ago I set up Peel Psychological Consultancy, a private counselling service and training centre situated on Gosforth high street in the heart of Newcastle.

My training began with a person centred approach, which led me onto an integrative training with a foundation based on Transactional Analysis and now incorporates an in-depth understanding of developmental theory, attachment and trauma. This allows me to draw upon many different schools of thought when working with clients ensuring that the client does not need to fit the therapy, instead I can fit the therapy around the client.

I have been told that my style is warm and open, inviting a collaborative approach. I am enquiring and at times challenging and I know when to be silent and to listen. Whilst my clinical work is underpinned by the latest research and up to date theories, I will share my own experiences and stories if appropriate and I strongly believe in the restorative, healing power of the therapeutic alliance.

I work with all types of people, with all sorts of problems both individually, in couples and in groups. I offer short-term solution focused based therapy and longer term, in depth psychotherapy. My special interest lies in the effect of trauma on the mind and body and how even the little upsets in life can leave us confused and emotionally drained.

I work extensively with organisations and employees, tackling work related stress and PTSD. For me, **trauma** of one sort or another lies at the heart of most psychological difficulties resulting in anxiety, depression and relationship difficulties. How we experience these traumas, significant and unique to each individual.

I hope this helps to give you some idea of who I am and how I work. Please feel free to call for a free half hour consultation to discuss your needs with no follow on obligation.