



## Tracy Turner - Therapists Profile.

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Person Centred therapist.

Having been involved in the therapeutic world for many years, I have a huge passion to help others understand the reasons why we feel the way we feel and act the way we act!

Working on the premise that Education is power. I encourage my clients to understand the patterns and processes which they are entangled and in so doing, encourage them to grow towards their full potential. Whilst facilitating a safe and comfortable environment I encourage and support my clients on their journey of true self-discovery and self-acceptance.

Although having being trained primarily in person centred counselling I have a very integrated approach. I work with an extensive tool box in order to facilitate my client's needs most effectively.

I have worked as a Macmillan bereavement counsellor for the last four years and also for Barnardo's Orchard Mosaic project, supporting bereaved and abused children.

I also have experience with Drug and Alcohol abuse, Suicidal tendencies, Low self-esteem, Stress, Anxiety, Depression, Adult Survivors of Childhood Sexual Abuse, Personality Disorders and Relationship difficulties.

My experience is working in short term therapy, as well as open ended therapy. I tailor my sessions towards my client's unique needs.

I have a Diploma in Counselling and I am registered with the British Association of Counsellors and Psychotherapists BACP.

