



Hello, my name is Ruth and I am an online counsellor as well as face to face counsellor. I have 10 years' experience in face to face counselling and 2 years' experience in online counselling. I work within the British Association for Counsellors and Psychotherapists (BACP) ethical framework, and I have regular clinical supervision.

No Limits Trading can offer 'live chat' sessions on a bespoke, secure, platform, each session lasting 50 minutes. These sessions are held at the same time and on the same day each week.

Due to the confidential nature of counselling, and if you choose to have your counselling online, we ask you as the client, to be able to use a secure internet connection, and have access to a confidential space in your own home – somewhere quiet where others are not able to see your screen, also (if you are sharing the device you use with others) that you ensure you log off the platform after use.

Counselling is time and space for you to explore your feelings, and anything that is troubling you. If you feel you are ready to ask for some support to help understand how you are feeling, and you feel ready to make some changes for yourself, why not register with us and see where your journey might take you?