



Hello, My name is Nichola, AKA (Nikki). I am a Counsellor currently working at No Limits and Eastleigh college.

I am a registered member of the British Association for Counselling and Psychotherapy (BACP). I am concurrently continuing to work towards accreditation. I am also a member of the Hampshire Association of Counselling & Psychotherapy (HACP).

My expertise is as a Humanistic Gestalt Counsellor, encompassing helping client's work through what has brought them here in a variety of ways. I do have the ability to use parts of other modalities when the need arises. For example, using part CBT, part Person-Centred & mixing this with Gestalt has proven to be helpful with clients. My greatest gift is listening.

As a counsellor, I believe that allowing your client to gain self-awareness can bring significant changes. Both warmth and genuineness are at the heart of any session. Essentially the building of the therapeutic alliance is the essential part of any counsellor and clients relationship as it is here that the trust is built. I will help my clients working side by side to address whatever is brought up within a session. I work both ethically and anti-oppressively. The time spent ensures that you, as the client's best interests, are always at the heart of what I do.

I look forward to meeting you.