



Allison Woodley MBACP

Registered member (00918002)

Counsellor in Southampton & Winchester offering:

Face to Face, telephone and video counselling, (1:1 or group sessions)

Experience:

I have worked for No Limits as a Counsellor for over 3 years, and a member of the British Association of Counselling and Psychotherapy for 4 years.

Specialism:

- Managing stress or anxiety
- Bullying
- loss of confidence or self-esteem
- low mood and depression
- anger management
- experiencing trauma
- family conflicts
- exploring destructive relationships
- difficulties relating to sexuality
- physical or emotional abuse
- loss or bereavement
- child-related concerns
- Pregnancy Crisis
- Suicide
- Drugs & Alcohol
- Loneliness

Style:

I am an Integrative/Person Centered Therapist My model uses elements of REBT, Gestalt and TA.

I have worked with a wide variety of issues from a large client base of different ages. Who have come from different cultures and backgrounds. I have offered 1:1 Therapy face to face. I have also offered Therapy over the phone and via Zoom.

Therapy offers you a safe, confidential place to talk about your life and anything that may be confusing, painful or uncomfortable. It allows you to talk with someone who is trained to listen attentively and to help you improve things. (BACP 2012)

This is the type of safe environment that I like to create for my clients. A space that without judgment, to explore the issues that you are finding hard and where you can be heard. Giving you the skills to move forward in your life.

Contact info@nolimitstrading.org.uk for more details or to book an appointment