

Nicky Fitzwilliam – Counsellor and Therapist

Professional Profile

With 4 years' experience working as a fully qualified Counsellor Nicky offers a safe confidential place to build a therapeutic relationship with her clients and provides a high quality service to aid and support their mental health needs through counselling and psychotherapy. Nicky uses a range of evidence-based models and follows a humanistic approach by introducing therapeutic paths -person centred therapy, cognitive behavioural therapy, psychodynamic therapy, attachment therapy and mindfulness, appropriate to each individual client.

PHOTO OF NICKY HERE

The professional relationship I build with my clients is confidential, empathetic and understanding in a warm, welcoming and relaxed environment. You will be encouraged to feel safe and comfortable to enable you to explore your inner most thoughts and feelings.

I offer help and work with a range of problem areas ranging from relationship issues, health issues, anxiety, depression, bereavement and loss, trauma, PTSD, stress, abuse, anger management, self-esteem, communication and confidence building and bullying.

My work is with individuals, men, women, young people and children and have experience and specialised skills in working with children and young people (Therapeutic Diploma in Counselling Children and Adolescents).

- Professional Accredited Registered Member of the British Association of Counsellors & Psychotherapists (BACP), I adhere to the Associations Ethical Framework at all times.
- As a Counsellor/Psychotherapist I have over 3 years work experience with RDASH as a volunteer counsellor at St. Johns Hospice primarily involved with Bereavement and Loss.
- Currently working within Doncaster Children's Trust (DCST) as a volunteer counsellor with vulnerable adults, young people and children with complex needs.
- Working for DMBC for a 6 month period on Project -'Stronger Families' offering Holistic Therapies to Carers within families.
- Participate as part of Sudden Death Response Team across Doncaster area, offering support & trauma work to Children and Young People & Families in the event of near or sudden death.

In private practice I am happy to work with you on a short or long term basis and will be guided by your personal needs. The number of sessions will be determined at any point in the counselling by you the client...

The Holistic Approach

As part of my therapy journey (working with clients for over 20 years') I appreciate how important and beneficial it is to reach out to the body, mind and spirit, so during treatment sessions I work with the whole person on a physical, emotional and psychological level, encouraging the body to rebalance across all levels. Each session consists of unique therapy tailored to individual needs, and through initial consultation we are able to identify which treatments will best suit your needs.

- **Reflexology** - the manipulation of precise points on the feet that align with other areas within the body, to rebalance and release energy flow.
- **Reiki** - a form of healing through the hands, where energy is flowing. This will release and heal blockages in the body.
- **Massage** - can be used as relaxation technique by stretching connective tissue and working on tension found in muscles caused by stress.
- **Hopi Ear Candles** - a calming and relaxing therapy, a natural and non-invasive means of removing unwanted ear wax from ear canals.
- **Bowen Therapy** – a stand-alone therapy which is non-invasive approach using a gentle rolling action over soft tissue to potentially create a signal to the brain aiding the body to rebalance.

My Qualifications

- Level 4 Diploma in Therapeutic Counselling
- Accredited Registered Counsellor/ Psychotherapist with British Association of Counsellors & Psychotherapists (BACP)
- Highfields Level 3 Award in Emergency at Work (RQF)
- Diploma in Stress Management/Advanced Stress Management
- Diploma in Professional Relaxation Therapy
- Training in working with difficult behaviour in children, young people and families
- Training in Child Sexual Abuse - Positive Outcomes for Dissociative Survivors (PODS)
- Working with Relational Trauma- Dealing with Disorganised Attachment - Positive Outcomes for Dissociative Survivors (PODS)
- Working with Dissociation and DID- Positive Outcomes for Dissociative Survivors (PODS)
- Working with Dissociative Disorders in Clinical Practice- Positive Outcomes for Dissociative Survivors (PODS)
- Accredited Practitioner of the Bowen Technique – College of Bowen Studies

- Diploma in Anatomy & Physiology – Stonebridge Associated Colleges
- Body Massage Certificate
- Diploma in Reflexology
- Diploma in Hopi Ear Candles
- Reiki Master (Third degree)
- BSC with Hons in Food Marketing Sciences
- Certificate in understanding Nutrition and Health (Level 2) - Cache

I have regular Supervision and hold full Professional Liability for my Practice.

Day time & evening sessions available

I may be contacted at:

Email address: fitzwilliam50@gmail.com

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