

RACHEL KERR

Integrative Counsellor

BSc (Hons) MBACP

in

Norwich & North Norfolk



What is Counselling?

Counselling offers a space in which to reflect on your experience — in whatever form that presents. It is a chance for you to talk and be deeply listened to, and to explore what comes up with a sense of curiosity and compassion.

As an Integrative Counsellor I draw upon a range of skills and experience to support you with the challenges that surface, working with you towards greater understanding and paving the way for new possibilities to emerge.

Areas of Experience

*Depression & Anxiety
Panic, Stress & Phobias*

Low Self-esteem

Abuse & Trauma

Relationship Issues

Work-related Stress

Bereavement & Loss

*Health Issues . . . and
much, much more.*

Please contact me to arrange an informal chat to discuss your options:

Email: rkerr.counselling@gmail.com

For further information please refer to my website:

www.rkerrcounselling.co.uk



Registered Member **94971**
MBACP

