

Lotte Petersen

Reg. MBACP (Accred)



I'm an experienced Person-centred therapist who I offer a professional and confidential therapy service in the centre of Norwich.

My approach is Person-centred and informs a holistic, flexible and creative way of working which is in particular response to you and your unique situation.

As your therapist I will be present to your experience moment by moment so our joint active engagement can enable you to re-connect with your own inner resources and facilitate new insights into yourself and your situation.

Person-centred therapy offers you a space and a collaborative relationship where you have the freedom to be and explore whatever you need to without an imposed agenda or judgement. It is a therapeutic process that can enable you to gain understanding of yourself, discover your own solutions and make your own decisions.

I have over the last 12 years worked with a range of people and the issues that personal predicaments, relationships and difficult life circumstances presents us with. To read more about my qualifications, experience and how I work please visit my profile on [The Counselling Directory](#).

I offer an Initial session at the reduced price of **£20,-** If we decide to work together I charge **£45,-** for a standard 50min session. I have experience of working short and long term as well as time-limited.

For inquiry or to book an initial appointment:

call or text 07534 960390

or e-mail l.petersen@ntlworld.com



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British Association for
Counselling & Psychotherapy