

RACHEL KERR

Integrative Counsellor

BSc (Hons) MBACP

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.

£35 per 50 min session.

Locations: The Practice Rooms (NR2) & Norwich MIND (NR7)

You are welcome to contact me to arrange an informal chat to discuss your options:

07762 469 098

rkerr.counselling@gmail.com



Areas of Experience

Depression/Anxiety

Panic/Stress/Phobias

Low Self-esteem

Abuse/Trauma

Relationship Issues

Work-related Stress

Bereavement/Loss

Health Issues

