



## COUNSELLING/PSYCHOTHERAPY

LYNN PARKER MSc, MBACP

Counselling can help at a time when life becomes challenging and some extra support is needed. The provision of time and space to talk through issues within a non-judgmental, trusting and confidential relationship can help to provide a fresh perspective at difficult times. Your problems are important and by forming a relationship of trust we can work on them together.

I am an experienced integrative counsellor/psychotherapist with 7 years experience in general counselling, anxiety, stress, trauma, abuse, low self-esteem, work related issues, depression and health related issues. I have extensive experience and special interests in bereavement, pregnancy, birth and infant related issues and postnatal depression.

As a member of the British Association of Counsellors and Psychotherapists (BACP) I currently provide counselling in the NHS as well as a private practice. Short term or open-ended therapy is available.

For information or to book an initial session, please ring or email me on:

Mob: 07903 328345

Email: [lynnparker21@btinternet.com](mailto:lynnparker21@btinternet.com)