

biopic **beverley archdale**

For the last two years I have worked in the area of addiction with clients of all ages and walks of life. At the same time I have offered support with numerous issues including anxiety, poor self esteem, relationship difficulties, bereavement and depression. Presently, I am doing an advanced diploma in Psychotherapy and Counselling having completed an MA at Regent's College. I am a member of TALK: Psychotherapy group practice and an associate member of the British Association for Counselling and Psychotherapy.

I offer a non-judgemental, confidential, supportive, safe environment in which the client may explore, clarify and challenge his/her way of being, to encourage self-awareness, self-responsibility and the development of increased self-efficacy.

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