



Audrey Sandilands - Counsellor

Audrey is a member of the British Association for Counselling and Psychotherapy (BACP).

As a person-centred counsellor, she has helped her clients address and work through a wide range of issues and concerns. She works with adults, couples and young people and experience working with young people has predominantly been within secondary education settings but has worked with children from the age 5. The adults and young people she works with are all experiencing some level of concern or worries around their mental health and general well-being. What people have found most helpful is someone who listens to their concerns, who doesn't judge them and who offers empathy and a non-judgemental understanding for them and their situation. She is passionate about helping her clients feel secure and valued and aims to achieve this by offering them a confidential and safe environment to explore their feelings.

Mob: 07800843054

email: please use contact page on www.aspire-counselling.com