

Adults currently experiencing emotional distress and / or problems as a result of

- *Relationship Breakdown,*
- *Social and peer pressure,*
- *Family tensions,*
- *Identity & Sexuality issues,*
- *Bereavement,*
- *Drug & Alcohol Misuse,*
- *Violence,*
- *Trauma,*

Can result in social and emotional problems.

It can create low self-esteem, isolation and disempowerment.

One-2-one & Group Counselling Support

Assists the client:

- To focus
- Explores Problems
- Works through feelings of inner conflict
- Improves relationships with other's
- Gaining a better understanding of themselves and situations
- *Develop strategies to manage change*

Sev Necati is a qualified professional complimentary practitioner with many years of experience and knowledge of working with children, young people & adults...

Areas of work undertaken include:

Bereavement, Anger, Behavioural, Abuse, Low Self-Esteem & Confidence, Under Achieving in School, Neglect, Family Breakdown, Adoption, Domestic Violence, Depression, Anxiety, Bullying, Gangs, Crime, Trauma, Self Harm, Special Needs..

To find out more contact:

Ms Sev Necati

Complimentary Practitioner

Mobile: 07050 614 116

E-mail: info@sevnecatitraining.com

Web: www.sevnecatitraining.com

Counselling For Adults

Supporting: emotional balance of adults who may be experiencing mental and physical distress...



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