

## Profile

Linda is a qualified and experienced Integrative Counsellor who has been trained in and uses a number of approaches and methods including Person-centred, Psychodynamic, Gestalt and Transpersonal approaches, Cognitive Behavioural Therapy, Transactional Analysis, and Applied Systemic Theory. She also uses **Eye Movement Desensitisation and Reprocessing (EMDR)** in her clinical work as well as **Mindfulness**. She works in an integrative, holistic and systemic way and has had experience in working with those with a wide range of concerns and who come from many different cultural backgrounds. She works in central Oxford close to transport links and in Didcot where there is free parking. Both her therapy rooms are wheelchair accessible. Linda can offer face-to-face, telephone or Skype sessions on a short or long-term basis. In therapy, she will work collaboratively with you to think through and discuss your personal concerns with the aim of finding greater understanding, relief, and some resolution of difficulties, in the way that suits both you and your needs and in accordance with your wishes.