



I am a Specialist Wellness counsellor listed with the ASCHP and run my own private practice.

I have a background in nursing and was a long-term conditions and palliative care nursing sister in the UK for over 21 years. On returning to South Africa, I completed a Bachelor of Social science majoring in counselling and psychology and a Bachelor of Social Science Honours degree majoring in psychology with the South African College of Applied Psychology.

I trained and developed all the content for Kidz2Kidz's antibullying program Cool2beKind.

I train educators and volunteers on antibullying topics. Further, I have given radio interviews and organised community events as an expert in the subject matter.

Support Group

I facilitate the Survivors of Suicide Support group in Fourways, Gauteng.

Contact

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Email

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QUALIFICATIONS

**ASCHP Specialist wellness Counsellor
SWC22/1421**

South African College of Applied psychology

Bachelor of Social Science (Majoring in Counselling and Psychology).

Bachelor of Social Science Honours (Psychology). Cum Laude.

Humanities counselling graduate

Talks and presentations.

Conflict management

Bullying

Grief and loss

Life limiting diagnosis (Cancer, MS, MND, Parkinsons etc).

Understanding the cycle of abuse

How trauma impacts the body

Substance abuse

Body image and self-esteem

Cyber bullying and Cyber safety

Suicide

Child abuse

Emotional wellbeing and coping skills

Stress management.

Wellness support

Trauma debriefing

Sexuality and LGBTQIA+

Burnout and self-care

Covid-19 and anxiety

Psychoeducation

COUNSELLING SERVICES

Individual Counselling

Adolescent Counselling

Trauma informed therapy

Relationship Counselling

Play based intervention