



Name	Zoe Barton
Position	Counsellor
Qualifications	Level 4 Diploma in therapeutic counselling including certificate to work with young people (11+) PGCE Regular CPD including yearly advanced adult and children safeguarding
Memberships	MBCAP 395163

Profile:

Zoe is a fully insured, qualified counsellor who is a member of the BACP and follows their ethical framework in her practice. Before qualifying as a counsellor, Zoe worked for many years in education and then social care as an intensive family support worker offering therapeutic interventions to parents, carers and children.

Counselling experience has included working with children and young people in secondary school, youth agency work, and working with adults impacted by brain injury via the specialist charity, Headway Surrey.

Zoe is able to draw particularly on her experience of family work in her counselling practice with brain-injured clients and those close to them as even though working 1:1 with the focus on the individual client, the impact of brain-injury is very often felt across the wider family system.

Other areas of expertise include:

Anxiety, Depression, Low mood, Relationship issues, Bereavement, Ambiguous loss, Work-related issues, Personal Development, Self-esteem, Stress and Anger.

Ethos:

All of us at some point will have times of feeling overwhelmed by the inevitable uncertainties of life. Sudden change or loss can impact our emotional well-being and leave us feeling unsettled or struggling to understand and communicate our feelings and needs to those closest to us. I believe that if people are given time and space to explore these feelings without judgement, expectation, or interpretation, they will come to their own place of understanding and acceptance. We will work collaboratively and regularly review your goals which may include exploring and practicing together particular coping strategies. I believe that sometimes 'more than words' are necessary to access our deeper emotional needs so at times we may incorporate more creative ways of working whether online or face-to-face. This will always be discussed and agreed beforehand.

**Zoe Barton
Counsellor
07355982519**

admin@kindredcommunity.co.uk

Approach:

Zoe works in an integrative way which means that she is able to draw on different counselling techniques to ensure that your unique needs are met.

Referral Process:

If you wish to make contact or referral to Zoe for counselling services, please send an email detailing your request to admin@kindredcommunity.co.uk. You will then be sent a referral form to gather more information and depending on availability will be booked an appointment. Your counsellor will arrange the best time and venue for your sessions. Within the first appointment you, together with the counsellor will read through a contract of services and will be asked some initial intake questions to gain more detailed information about your circumstances.

Zoe works mainly online via Zoom however she can offer face to face sessions within Hampshire, Surrey and Berkshire if a suitable venue is available.