



Counselling is about feeling safe enough to express your feelings through art, play, or talking with someone who can help you unpick your issue, at your own pace, helping you to understand yourself, in partnership with a counsellor who can give you the conditions to allow you to help yourself. I specialise in counselling around issues around addiction and dependency - in relationships around toxicity/co-dependency and dealing with dysfunctional relationships.

Apart from my private and NHS practice, much of my experience has been gained in a variety of settings including Criminal Justice service, Police, NHS IAPT Services supporting adults and young adults with mental health/substance abuse issues, For 17 years I have been involved in the clinical management of a private Employee Assistance Programme. I accept BUPA, Nuffield Health, Aviva, EAP referrals.

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