

Tina Rawlings – Counsellor/Psychotherapist

BA (hons.) MBACP, MFDAP

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About Me

I am a qualified counsellor with 20 years of experience in treating all addictions including alcohol and substance mis-use, disordered eating patterns and relationship difficulties, and any underlying issues such as depression and anxiety disorders. I work with individuals, couples and groups, young people and adults. I have worked in various settings such as; GP Surgeries, Probation and Group Treatment Therapies. I help you to uncover and process any underlying emotional and psychological blocks so that you can achieve full recovery and a happy future, living out your full potential. I am trained in Psychosynthesis which approaches us humans as being partly shaped by our past experiences but also that we suffer from distress when we do not achieve our full potential in the present. Letting go of substance and alcohol mis-use, addictions or old behaviours means that new directions in life can be found. I can also offer Equine Facilitated Therapy, (no riding is involved), local to Hertford. Connecting with the outdoors and with horses as highly sensitive and social animals, creates a sense of well-being, connection and can shift our relationship patterns with ourselves and others.

Training, qualifications & experience

Post Graduate Diploma in Psychosynthesis Therapeutic Counselling

Post Graduate Diploma in Drug and Alcohol Studies

Certificate in Couples Work - The Relational Academy

EDI/FDAP Certificate in Supervisory Management and Leadership Techniques - Level 3

Fundamentals EAGALA Certification (Equine Assisted Growth and Learning Association)

Individual Member of The Federation of Drug and Alcohol Professionals (FDAP)

Individual Member BACP

BACP Register of Counsellors & Psychotherapists

Areas of counselling dealt with

- Alcohol Mis-use and Addictions
- Abortion
- Abuse
- Affairs and betrayals
- Anorexia nervosa
- Anxieties/panic attacks
- Bulimia nervosa <https://www.counselling-directory.org.uk/dependent.html>
- Drug abuse
- Family issues
- Gender dysphoria
- Internet addiction
- Miscarriage
- Obsessive compulsive disorder (OCD)
- Relationship problems
- Sex addiction
- Sexuality
- Stress
- Bereavement
- Bipolar disorder
- Bullying
- Carer support
- Depression
- Eating disorders
- Low self-confidence and low self-esteem
- Personality disorders
- Post-traumatic stress disorder (PTSD)
- Self-harm

- Smoking
- Suicidal thoughts
- Anger management
- Body dysmorphic disorder
- Cancer
- Child related issues
- Domestic violence
- Emotional abuse
- Gambling
- Hoarding
- Infertility
- Physical abuse
- Postnatal depression
- Redundancy
- Separation and divorce
- Sexual abuse
- Spirituality
- Trauma

Therapies offered

- Cognitive behavioural therapy techniques (CBT)
- Couples counselling
- Equine therapy
- Group therapy
- Humanistic therapies
- Integrative therapy
- Interpersonal therapy
- Mindfulness
- Psychodynamic therapy
- Psychosynthesis
- Solution focused brief therapy
- Transpersonal/spiritual psychotherapy

Fees Individuals £50 Couples £70. For those on a low income or unwaged I can offer reduced rates according to your means.

Wheelchair access only available in Stevenage venue.

Further information Counselling sessions are agreed at a regular weekly time and date convenient to you. Each session is 50 minutes. I work from venues in Hertford, Stevenage and Letchworth.

Privacy Policy –see www.goodcounsellorhertford.co.uk/ for Tina Rawlings' full privacy policy. Any personal data provided by you to Tina Rawlings, Counsellor, through any means (verbal, written, in electronic form, or by your use of my website), will be held and processed in accordance with the data protection principles set out in the Data Protection Act 1998 and the General Data Protection Regulation for the purposes for which you have given consent, to provide the services you have requested.