



ESTIBALIZ DIAZ

I am a fully qualified integrative counsellor and a member of the British Association for Counselling and Psychotherapy (BACP). I am passionate about languages, learning and nature.

I have been working at Catch 22 since 2017 at both the Community Base and at Wandsworth's secondary schools, which has given me considerable experience of working with young people.

I have experience and CPD specialised training in therapeutically supporting; children through play and art, teenagers, bereavement and trauma (domestic violence). I have supported children in primary schools, children and young people in secondary schools and community base, carers, bereaved children and adults and women who have experienced domestic violence.

I provide a safe space for you to be, room for your voice to be heard, where freedom, creativity and playfulness lay the ground of a non-judgemental, genuine and empathic approach. I strive to fully understand you and accompany you on your unique way of self-knowledge, learning and emotional regulation towards your psychological wellbeing.

I can support you with issues such as anxiety, bullying, bereavement, traumatic experiences, depression, eating disorders, low self esteem, self-harm and stress.

I trust you and believe you are the expert in your life; I am here to help you help yourself. I aim to team up with you to offer you a time for yourself, far from any external conditioning and judgement.

You are to choose how to use this time and set your goal, whether discovery or emotional contention feel more helpful to you.