



# HOLLY UDOBANG

I qualified as a counsellor in 2016 from the University of Greenwich and I am a registered member of the British Association for Counselling and Psychotherapy (BACP).

I have been working with young people since 2015 in different environments from hostels to colleges, and I have been working at Catch 22 since January 2019 mostly within schools in the Wandsworth area, which gives me considerable experience working with young people.

I have experience of working across a range of presenting issues ranging from sexual abuse, substance misuse, trauma, bereavement, self-harm, to anxiety and/or depression.

I am a Humanistic therapist, which means I focus on self-development, growth and responsibilities. I seek to help individuals recognise their strengths, creativity and choice in the 'here and now'.

The humanistic approaches are based on the belief that we all naturally gravitate towards goodness. While of course, difficult life experiences may temporarily block our ability to reach our potential, with the right support, we all have the ability to achieve our goals.

I offer a non-judgemental, caring and safe relationship in which you can explore whatever is causing you pain, distress or concern.