

**Allison is a qualified counsellor and group therapist. She has worked as a counsellor for a number of years and has experience in helping people work through issues such as anxiety, depression, stress, panic, trauma, bereavement, and anger management.**

**She has also worked in addictions services, supporting adults, young people, and families. Her experience has included time spent at Kenward Trust, helping those recovering from drug and alcohol abuse.**