

# Counselling

## Herginder.K.Bhangoo

MBACP (Accred), UKRCP, Dip Coun



### The Person-Centred Approach

The 'Person Centred' approach to counselling was pioneered by Carl Rogers (1902-1987) as a new way of working with clients in a therapeutic process. It is essentially a philosophy, rather than a technique, offering:

- A space in which to be heard
- Non – judgmental listening
- Reflective interventions
- A safe environment
- Unconditional respect for feelings
- Empathetic understanding
- Honesty with respect
- Confidentiality

I am a British Asian who can relate to both Eastern and Western cultures, and provide counselling in English and Punjabi. I feel passionate about my professional role, wanting to make a difference and support emotional wellbeing. I offer personal therapy for individuals, couples and families.

I am an accredited member of the British Association for Counselling and Psychotherapy and I adhere to the ethical framework for good practice as laid down by the BACP. I am also a registered UKRCP Independent Counsellor / Psychotherapist.

I have worked within a GP practice, private practice, organisations and voluntary sectors, as well as working as an in-school counsellor.

I aim to keep the work short term and work at an accelerated pace which brings about change rapidly.

For further information. **Contact Me:**

Herginder.K.Bhangoo MBACP (Accred.)

BACP Accredited Counsellor

UKRCP Registered Independent  
Counsellor/Psychotherapist

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