

Name: Mrs Andrea Young

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Contact Number : 00977 9823835460

Professional Title/Occupation: Counselor/Psychotherapist

Organisation: Private Practice

Address of Organisation/Practice: Jamshikhel, Kathmandu, Nepal

Professional Qualifications:

Diploma in Transactional Analysis Counselling.

Diploma in Integrative Psychotherapy

Play Therapy: Play Therapy as a Counselling Tool

Play Therapy Skills (ongoing)

Details of any other relevant qualifications/courses taken in the field:

Accreditation Parenting 'Incredible Years' Parenting Program

Supervision Training 'Incredible Years' Parenting Program

Advanced Program 'Incredible years' Training

Attachment Theory

Sleep management and Disorders

Video Interactive Guidance

Autism Awareness

Attention deficit hyperactivity Disorder

Introduction to CBT

Safe Guarding Children & Child Protection Training

Attachment and Self-Awareness in the Counselor

Making Endings with Children

Working with Metaphor

Helping Children and Young people with loss

The child within – Drama Therapy Course

Introduction to Family Therapy

Dyadic Developmental Practice Psychotherapy and Parenting Level One

Relate Training Therapeutic Counselling Skills for Young People

Domestic Violence and the family

Introduction to Supervision

Solution Focused Therapy

Restorative Arts for working with Trauma

Currently undergoing supervision in current practice: Yes

Ages catered for Parent child Relationship, Children 5 years - 11years & Adolescents

Services offered:

I offer Parenting sessions to groups and individuals. I work with Parents and Children in order to help relationships, within the family. I have experience of working with adolescents with a variety of issue including Anger Management, Eating and Body Image Issues, Self-Harm and Suicide Ideation, Loss and Bereavement, Low Self Esteem, Addictions, Anxiety and Depression. I work with the expat community and offer workshops

Personal Profile:

I am a reflective practitioner who is not afraid to challenge myself in order to develop my skills. I use play therapy and a variety of creative approaches in my work with children and young people. I am British and have been living in Nepal for 3years, working alongside Nepali counselors