

Helen Card is a trained counsellor/therapist with 13 years professionally supervised practice and is able to provide counselling and therapy services to a range of clients. Due to Helen's extensive qualifications she is able to provide individual therapy which incorporates a wide variety of techniques in conjunction with the Human Givens Approach.

SPECIALIST AREAS

Disabilities, employment rehabilitation, effects of trauma, Post Traumatic Stress Disorder, violent and sexual abuse, anxiety disorders, depression, phobias, bereavement, anger management, addictions, chronic pain, work related stress.

FORMAL QUALIFICATIONS

Helen obtained a 2.1 BSc Honours Degree in Psychology at the University of Northumbria at Newcastle in 1987. She was recognised by the British Psychological Society as a Chartered Psychologist in 1993 and an Associate Fellow in 2003. She obtained a qualification in Counselling in 1993 from the Central School of Counselling and Therapy, London, and the post-graduate Diploma in Human Givens Psychotherapy in 2004. Helen has also trained in cognitive behavioural therapy (CBT). She is also qualified in Emotional Freedom Technique (EFT) Level 3, which is an energy psychology.

BACKGROUND

Helen has been in practice as a Psychologist since qualifying in 1987, and in private practice since 1996. She is an experienced and licensed psychometric test user, registered with the British Psychological Society. For 10 years Helen has been preparing medico-legal reports and has provided more than 500 expert witness reports for the Court in personal injury litigation, clinical negligence and criminal cases.

Sheffield Human Givens also has facilities to provide complimentary therapies in the form of massage and aromatherapy. Nutritional advice and supplements to enhance physical and mental health are also available.