COUNSELLING IN UNIVERSITIES: WHAT HAS CHANGED?

- NEELAM ZAHID

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Resource Guide

About Neelam Zahid

Neelam is a BACP accredited Counsellor and Psychotherapist trained in Integrative Counselling and Psychotherapy, and has been practising as a therapist since 2004: as well as offering individual therapy, Neelam has run Mindfulness, Relaxation and anxiety groups. She has specialist training in Counselling Adult Survivors of Childhood Abuse, Bereavement Counselling, Online Counselling, Mindfulness, Phobia, and Trauma Treatment (The Rewind Technique), and Group work.

She has delivered a number of Cultural Awareness Workshops for trained professionals at the AUCC and BACP conferences, as well as for trainees in various educational institutes. Neelam has also contributed to The Handbook of Transcultural Counselling and Psychotherapy, 2001 (eds Colin Lago) Open University Press (The effects of a Pakistani Heritage).

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Event Details

A discussion of the journey of university counselling services within the last decade for both counsellors working within higher education, and the students accessing the services.

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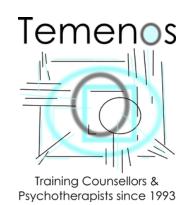
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