

Gail has a current training and learning folio or PREP and holds dual registration with two professional bodies, the British Association for Counselling and Psychotherapy (BACP) and the Nursing and Midwifery Council (NMC) and has a responsibility to work within those guidelines for ethical, best practice.

Training includes the management of chronic diseases using the National Institute of Clinical Excellence guidelines (NICE) and protocols, sexual health, sexual problems, womens and mens health problems, elder care problems including those difficulties experienced in old age, conflict resolution, survivors, equality and diversity, anger management, weight management, stress and anxiety, bereavement, domestic violence, drug and alcohol problems.

Gail is an experienced coach and group facilitator for vulnerable clients in partnership with Adult Social Care and other statutory agencies.

She is trained in child protection procedures, safeguarding adults and mental capacity and worked for four years for a Cornwall based womens charity for survivors of abuse as a drug and alcohol support worker. This role included mediation and advocacy work. Gail has worked for the Cornwall and Isles of Scilly Primary Care Trust as a locum looking after the welfare and treatment of homeless people in Cornwall and managed health clinics for this vulnerable client group.

Gail recently worked within the armed forces running successful Weight Management Clinics in a Primary Care Rehabilitation Facility for military personnel. This was a locum defence medical post. . Gail is a qualified Intermediate Stop-Smoking Advisor and the Stop Smoking sessions based in St Austell are run in conjunction with the National Stop Smoking Service. Gail has a personal success rate above the national average for helping smokers to quit smoking. The counselling service is awarded the eefo kitemark. This means the STOPANGER service provides ethical consideration to children and young adults up to the age of 25 years old.

Gail is trained to degree level in therapeutic counselling for children and adults and can provide motivational interviewing which is useful when working with certain types of difficulties experienced by clients.

The therapist has worked for a year as a mentor for the Cornwall Youth Service with clients with learning disabilities. Funding for these posts was received from the Home Office and North Cornwall District Council.

Gail is CRUSE bereavement trained and understands what it is like to go into counselling as part of the 'training and learning to be a therapist' and knows how difficult it can be to seek help with problems. Gail works from a power and control perspective based on the 'loss of the assumptive world' and other theories. Her approach is person-centred and she uses an integrative way of working with clients including cognitive behavioural techniques.

Gail has regular supervision. She is reassuring and competent and can provide unsolicited testimonials from clients who have used her services. She currently works in partnership with the probation service and in private practice assisting clients with various problems including anger management. She lives in St Austell with her daughter and their pets!

Gail is currently working towards BACP accreditation and is a member of the Royal College of Nursing, the British Association for Counselling and Psychotherapy, the West Country Association of Counselling (WAC) and the Restormel Drug and Alcohol Reference Group.

Gail accepts self-referrals only and has a fair pricing policy (nominal charging for any inter-agency correspondence). For clients on benefits reduced hourly rates are available. Please contact her for details.