

Harriet Frew - Eating Disorders Practitioner

Description:

Harriet provides confidential and non-judgemental support, information and guidance for people with eating disorders. Using a range of techniques, she will help you to develop a more healthy and positive relationship with food and help you begin to understand the underlying reasons for your eating disorder. Harriet provides personal one-to-one sessions with all clients and is based in Cambridge, UK. Harriet is a graduate member of the National Centre for Eating Disorders, having completed the 'Practitioner Skills in Eating Disorders' Diploma. She also has qualifications in Nutrition (MSc); and Biology (BSc); Certificate in Counselling Skills and Counselling Theory. Harriet has four years of experience in supporting people with eating disorders as a volunteer and has personal experience of an eating disorder.

Country: United Kingdom

City:

Website: <http://www.hf-eatingdisorders.org.uk>