

Anne Bendijk

I became a Chartered Counselling Psychologist in 2009. I worked in the NHS for 10 years as a Psychologist/psychotherapist and supervisor. Before I worked in the NHS, I trained in individual and family therapy and facilitated many training and education sessions in organisations from an occupational health perspective. Health psychology in all its facets and the trauma of bullying are particular concerns of mine and so is depression and anxiety. I love teaching mindfulness and self-compassion, to supervise and counsel, to see people find themselves again, grow and flourish in their own authentic way. As a therapist I work integrative tailored to your needs.

I adhere to the UK Network for Mindfulness-Based Teachers Good practice guidelines for teaching mindfulness-based courses. As a Counselling Psychologist I also adhere to professional guidelines including: the British Psychological Society (BPS) Generic Professional Practice Guidelines, and the BPS Code of Ethics and Conduct.

In addition to working with ia2ps, I also run a service in North Tyneside which provides mindfulness & compassion courses for groups or individuals and individual psychotherapy. Psychology@thecoast