

RACHEL EDWARDS

Integrative Counsellor MBACP

Qualified Integrative Counsellor open to working with all people from all backgrounds. Also specialising in pre and post natal (or parental) mental health and support as well as female centric presenting issues such as menopause and hormonal health



EXPERIENCE

2026-Present Founder & Integrative Counsellor
Hopeful Beginnings Suffolk

2022-2026 Full Time Student
Year out 24-25 Maternity Leave

2025-Present Suffolk Mind
Volunteer Counsellor

2023-2025 Part Time Coordinator
Suffolk County Council Children in Care Health Team

2006-2023 Business & People Management
2 Suffolk Based Private Consultancies and
Greene King Plc

EDUCATION

BA(Hons) Integrative Counselling
University of East Anglia

Level 2 Counselling Skills
West Suffolk College

Level 3 ILM Leadership & Management
Diploma
West Suffolk College

CPD & TRAINING

- * Trauma, Injustice, Violence and Abuse Conference: Holding Perpetrators to account and uncovering pathways to rehabilitation
- * The Psychology of Fetish and Kink
- * The Science of Attachment Styles
- * The Neuroscience of Emotions: Regulating Your Brain and Body
- * The Dark Side of Love: Jealousy, Dark Triad Personalities and Manipulation
- * Safeguarding Adults
- * The Science of Intergenerational Trauma
- * The Psychology of Carl Jung
- * The Psychology of Narcissism
- * The Mental Health Toolkit (Suffolk Mind)
- * Menopause Awareness (Suffolk and North East Essex ICB)
- * Online and Telephone Competency

CONTACT

You can get in touch via my website:
www.hopefulbeginningssuffolk.com