



## Vision for Counselling

### Our Vision

Mountains & Valleys Christian Counselling (MVCC) is, as the name suggests, an unashamedly Christian counselling service. MVCC exists to serve the community of Daventry and its surrounding areas. We intend to be the service of choice for anyone who feels they might benefit from meeting somebody with whom they can share their life struggles in a safe environment. We aim to serve adults (over the age of 18) of all faiths and none.

### Counsellors

MVCC is made up of two partners, Jaki North and Nicola Merrigan. We met whilst completing our Level 3 and Level 4 Diplomas in Therapeutic Counselling. As we came to the end of our training, we recognised a shared desire to set up a distinctly Christian private practice. The town of Daventry sits about halfway between us and seemed a good location in which to operate.

Both partners have experience in counselling individuals around general life problems, including relationships, anxiety, depression, and grief.

Jaki is looking to specialise in autism (working with both autistic individuals and their partners), as well as working with domestic violence (she currently volunteers at a domestic violence charity).

Nicola is looking to specialise in trauma-informed therapy and has already undertaken significant continued personal development (CPD) in this area. Nicola also has 10+ years

of experience working with adults with profound and multiple learning disabilities. Nicola also volunteers at a counselling agency which operates out of a church in Rugby.

## **Safe, Ethical & Professional**

MVCC seek to provide an environment that strives to be a safe, ethical and professional space. Our Policies and Ethical Body are central to how we function, and include:

- Qualified to a minimum Level 4 in Therapeutic Counselling (CPCAB Accredited).
- Membership of a professional body (The Association of Christian Counsellors) and having both Professional and Public Liability insurance.
- Annual Risk Assessment.
- Safeguarding Policy.
- Equal Opportunities and Equality, Diversity and Inclusion (EDI) Policy.
- Complaints Procedure.
- Confidentiality and Data Protection Policy, registered with the ICO.