



Jennifer Pennington

Integrative Psychological Therapist

BACP Accredited & Bupa Recognised

ABOUT

With over 15yrs experience working with clients, Jenny works with adults and children using the Person-Centred Approach, Solution Focussed Therapy, CBT and Play Therapy.

Jenny also delivers Mental Health and Resilience Training to companies through their Employee Assistance Programmes.

Affiliated with a number of Employee Assistance Programmes and Insurance Companies mainly working with Transitioning into Work, Work Related Stress, Anxiety, Depression, Bereavement, Trauma, Relationship Difficulties along with many other Mental Health Presentations.

Jenny's work with clients, looking to overcome barriers to work, involves exploring and identifying personal and professional challenges, along with use of CBT and Solution Focussed Therapy to create goals which are realistic, motivating and individual to the client.

During Jenny's time in private practice, they have received referrals via ITV, MGM (Manchester Arena) along with working with presenters from CBBC. other area's of work involved supporting the MEN terror attack offering Psychological First Aid and Trauma Therapy along with working on the committee meeting with the Counselling Northwest Networking Group as well as work with Salford University as a placement provider for undergraduates.

Jenny has a keen interest in Neurodiversity such as ADHD, Dyslexia and Autism as this is something that comes into therapy often and there is now much more movement today in the understanding of neurodiversity and the effects on mental health if not managed.

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