

Tash Groves

About me and my therapy practice

I offer remote counselling using a person-centred approach, creating a supportive and non-judgemental space where we can work together to explore what you need from therapy. My aim is to build a collaborative relationship, where we find a way of working that feels right for you and allows us to draw on a range of therapeutic tools and techniques that I've developed through my training and experience.

I'm particularly passionate about helping clients understand where patterns of thought and behaviour may have come from, and working together to find meaningful, practical ways to manage or shift them using tailored coping strategies.

I believe in being open and transparent throughout the process. You won't be doing this alone – we're a team, and I'm here to walk alongside you every step of the way. Every person is unique, and I believe therapy should reflect that. I take time to tailor each session to suit your individual needs, recognising and respecting the things that make you who you are.

Practice description

I am a qualified counsellor with a background in psychology (BSc) and a Master's degree in counselling. My training draws from a range of therapeutic approaches, including Person-Centred Therapy, Cognitive Behavioural Therapy (CBT), and Psychodynamic Therapy. This allows me to tailor sessions to suit your individual needs.

I have also completed specialist training in areas such as substance misuse, sexual violence, trauma, and NHS ACT (Acceptance and Commitment Therapy). In addition, I'm trained in mindfulness, which I can incorporate into our work together and offer resources for you to explore between sessions.

My professional experience includes working as a pastoral manager in a primary school, giving me valuable insight and understanding when working with children and young people.

My counselling practice is grounded in building genuine, trusting relationships, and my academic research focused on the importance of relational depth in the therapeutic

process. I offer a safe, compassionate space for you to explore whatever is on your mind at your own pace.

My first session

Your first counselling session is all about you — your story, your pace, and your comfort.

We'll spend time getting to know each other and gently exploring what's brought you to counselling. There's no pressure to share more than you feel ready to; this is your space, and we'll go at a pace that feels right for you.

To help me better understand how your current difficulties may be affecting different areas of your life, we'll also complete a few simple psychometric questionnaires. These can offer useful insights and help us begin to shape a plan that supports your needs.

This first session is also the start of building our working relationship — a space where you feel heard, understood, and supported. Together, we'll begin to explore how we can move forward in a way that feels safe, manageable, and meaningful for you.