

Michelle Scher

Wellness Counselling



**Position,
Company:**

Founder, CICS – Corporate & Individual Counselling Services

Linkedin:

<https://www.linkedin.com/in/michelle-scher-6b957747/>

**Sectors
operated in:**

Mental Health and Well-being

Areas of expertise

- *Registered Counsellor*
- *Specialising in working with Adults, families, Adolescents & children*
- *Trauma Counsellor*
- *Child-centered play therapist*
- *FAMAC Accredited Family Mediator*

Services offered

- *General Counselling & emotional Support*
- *Crisis intervention*
- *Trauma counselling*
- *Trauma Debriefing*
- *Psycho-education*

Bio

I am passionate about & feel privileged to facilitate a process for my client's by providing a space that is safe, non-judgemental and trusting. It is from a client-centered and family systems approach that each client is held with respect, unconditional positive regard and empathy as they navigate and own their personal journey's of change. This includes aligning personal values to one's purpose and defining and implementing goals, with the view to optimising mental health and well-being in all domains of their lives.



**SMME
COMMUNITY**