



Equality and Diversity

At Healing trauma From Within (HTFW), we are committed to promoting and upholding the principles of equality, diversity, and inclusivity in all aspects of our services. We firmly believe that every individual, regardless of their background, identity, or personal circumstances, deserves to receive counselling that is respectful, empathetic, and free from discrimination.

Our commitment to equality and diversity is grounded in the following principles:

Respect for Every Individual:

- We respect and value the unique qualities, perspectives, and experiences that each client brings to our counselling practice. We are dedicated to treating all clients with dignity, empathy, and fairness.

Non-Discrimination:

- We do not tolerate any form of discrimination, including but not limited to discrimination based on age, sex, gender identity, sexual orientation, race, ethnicity, nationality, religion, disability, or socioeconomic status. Our counselling services are open to everyone, and we actively strive to create an inclusive and welcoming environment.

Accessible Services:

- We are committed to making our therapy services accessible to all individuals. If you have specific accessibility needs, please inform us, and we will attempt to make reasonable adjustments to accommodate those needs to the best of our ability.

Confidentiality and Trust:

- We understand that trust is essential in the counselling relationship. We guarantee that all client information, discussions, and personal details shared during counselling sessions will be kept strictly confidential, in accordance with ethical and legal standards.

Healing Trauma from Within

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Continual Learning and Improvement:

- We are dedicated to ongoing learning and development in the areas of equality, diversity, and inclusion. Our counsellors regularly engage in training and self-reflection to enhance their cultural competence and awareness.

Feedback and Accountability:

- We welcome feedback from our clients and the community regarding our commitment to equality and diversity. We are accountable for addressing any concerns and continuously improving our practice.

Collaborative Approach:

- We believe in collaborating with our clients to understand their unique needs and preferences. We work together to create counselling plans that are tailored to each individual, respecting their identity and experiences.

Promotion of Equality:

- We actively promote equality and diversity within our practice and within the broader community. We support initiatives that aim to reduce discrimination, prejudice, and inequality.

We are dedicated to providing a safe and supportive environment where clients can explore their thoughts, feelings, and concerns without fear of judgment or discrimination. Our counselling practice is a place where everyone is valued, and your individuality is celebrated.

By choosing HTFW, you are choosing a counselling service that is fully committed to the principles of equality, diversity, and inclusivity. We are here to support you on your journey towards personal growth, well-being, and self-discovery, regardless of who you are or where you come from.

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