

Restology Offer

Louise Rothwell Therapist

Louise Rothwell from Whitby is a Solution focused therapist, Life coach and practitioner of Neuro Linguistic Programming, Integral Eye Movement Therapy & BWRT. Louise is very aware of the difficulties that life can present.

As well as 1:1 support Louise offers a subscription service to a large range of audios, PDFs and worksheets, covering a wide range of topics from anxiety to low mood, to grief to challenging uncomfortable situations to help on a journey of change.

Louise would like to offer Carers Plus Yorkshire clients a Restology offer of a free months access to the subscription library - saving £14.99. To access please add 'freemonth' in the discount code section on the website under 'become a member'. Please note there is no contract and this can be cancelled at any time. To find out more please click on Louise's logo.



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