



## Eating Disorder Support Services

### Counsellor Profile Form

**Name:** Debbie Gratton  
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#### **Counselling Qualifications, Experience and Approach To Eating Disorders:**

I am a fully trained, experienced counsellor specialising in Eating Disorders. I am a registered member of the British Association for Counselling and Psychotherapy (BACP) and a member of their Specialist Division for Counsellors in Private Practice. I am therefore committed to working in an ethical manner and as such, adhere to the Ethical Framework for the Counselling Professions.

My initial training was based in Humanistic philosophy, which convinced me that we are all unique and expert in our own internal world. Following many hours of continued professional development, I have learned a great deal about other therapeutic styles and would now describe myself as an integrative/pluralist therapist.

My background is in private practice working with a variety of issues including loss, depression, anxiety, low self-esteem, panic attacks, obsessional compulsive thoughts, bereavement, to name but a few. In particular, I have an interest in our relationship with food and trained as an Eating Disorder Counsellor previously working with BalancED MK (Milton Keynes Eating Disorder Service), who continually support people affected by eating disorders through ReBalance (a self-support group).

Eating disorders are complex and defined by abnormal eating habits that regularly affect a person's physical or mental way of being. It is unlikely that an eating disorder will be a result of one single cause and is much more likely to be a combination of events, feelings or pressures, which can feel overwhelming for both men and women. To understand your eating, you first have to understand yourself. Expressing your thoughts and painful feelings in therapy can be a helpful way of dealing with something that you find difficult to manage.

*"Therapy allows you to think about your life and get to know yourself as you speak to someone who understands and brings new perspective."*

*~Emmy Van Deurzen~*

#### **Training Qualifications**

Advanced Diploma in Counselling  
Certificate in Eating Disorders  
Masterclasses focusing on Eating Distress & workshops  
Group Psychoanalysis  
Post-Graduate Diploma in Attachment-Based Therapy  
Continuing Professional Development

**Address:** St Giles House, 76 St Giles Street, Northampton, NN1 1JW