

Christine Fontaine

Counsellor/Psychotherapist MSc UKCP





Christine Fontaine began her career working in marketing for the then London Electricity before a successful career in Advertising and TV Production. Working as a producer with numerous clients including Associated Newspaper Group, De Beers Diamonds, Alloy Wheels, Pizza Hut, Sony Records, as well as numerous Independent Production companies.


After raising a family Christine retrained to be a Psychotherapist, trainer and coach working within the Employment Assisted Programme field with CiC as well as for the charity Mind and Headstrong counselling. She also has experience working in response to emergency situations within companies, through natural disasters, or other unforeseen tragic events.

As a counsellor and psychotherapist, Christine has worked with people who are struggling with all types of life issues and events. She also specialises with working with actors/presenters and other people who have to perform on stage or in front of a camera. This is partly because of her knowledge of their industry but mainly because of her understanding of how anxiety, depression and trauma can prevent us having control over our bodies in the way we would like.

Get in touch

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