

Claudia Denington

Psychotherapeutic Counsellor MBACP




Claudia is a psychotherapeutic counsellor, qualified in Transactional Analysis psychotherapeutic counselling. She completed her training at The Metanoia Institute in London.


She has over 200 clinical hours and has worked with clients experiencing various emotional difficulties. Claudia has worked as a counsellor at MCPS (Metanoia's low-cost counselling service), Somerset Counselling Centre, and at Headstrong Counselling in London. She currently runs her own private practice, and works for Rape Crisis & Sexual Abuse Services, supporting survivors via their helpline and email service.


Claudia offers 121 and group talking therapy at Strategic Wellbeing, online or via telephone. She specialises in working with anxiety, depression, relationship issues, sexual abuse, trauma, self-esteem- issues, identity issues, workplace related issues, stress, burnout, procrastination and general counselling. Claudia has a background in mental health and has worked for some of the UK's leading mental health organisations and charities, such as Mind, The Anna Freud National Centre for children & families and Mental Health First Aid England.

Claudia is currently undertaking a training in nutrition and looks forward to working holistically with clients using a combination of nutrition and talking therapy in the future.

Get in touch

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