

Specialist Therapist

Lynn Mealings

Allied Health Professional



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I'm a registered counsellor. I began my life with Betsi Cadwaladr University Hospital as a student on placement with the Primary Care Mental Health Counselling service. I progressed once qualified, and registered with the British Association for Counselling and Psychotherapy to become a sessional counsellor. I moved on to a Band 5 Counsellor and then progressed into my current job role as a Band 6 Specialist Therapist. I cover Conwy County and work with other mental health practitioners, pharmacists, GPs and consultants.



I work autonomously and manage my own caseload. I'm encouraged to continually further my skills and knowledge. I've gained a Diploma in Cognitive Behavioural Therapy, a Diploma in Post Traumatic Stress Disorder Management, a Certificate in Addictions Counselling and a Certificate in Counselling Supervision; my clients benefit from my knowledge and skills.

I spent 11 years in local government as a service manager before retraining in counselling and psychotherapy. I completed my mandatory clinical work with the NHS and took the opportunity to learn from other professionals to help develop my competence base and skill-set.

The NHS provides access to the best knowledge and skills development by working closely with other practitioners. And as a result, I am able to offer my clients the best care that I can.



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