

**Hina Islam,  
BSc., MA Counselling Psychology (Ongoing), RP (Qualifying) # 12395**

*Hina is available for counselling sessions in-person in London on Mondays and Fridays  
and also by video.*

**Hina** believes that creating harmony between one's physical, socio-cultural, emotional, cognitive, and spiritual self is essential to achieving mind-body wellness. She applies a biopsychosocial, strength-based, and person-centered approach to counselling and values working collaboratively with clients to build a safe and supportive space while fostering a compassionate and trusting relationship. She is also trained in Cognitive-Behavioral Therapy (CBT).

Hina has a background in child and youth care, primarily working with refugee youth and immigrants. This has influenced her to operate from a culturally integrative and trauma-informed lens. She believes that each individual is an expert in their unique story and welcomes clients from all backgrounds to collaboratively explore their stories in their journey towards healing using narrative, cognitive-behavioural, and existential informed theories.

Hina is currently completing her master's in counselling psychology from Yorkville University and is a registered psychotherapist (qualifying).