

About the author

Margaret Hough is a trained teacher with a degree in English and Education. She is a former registered nurse with extensive experience of health care in the UK and abroad. She has an Advanced Certificate in Counselling from Liverpool University and a Diploma in Counselling and Groupwork from the University of Wales, Bangor. Margaret has taught for many years on both college and university courses; she has experience in many areas of counselling, including general practice, student counselling and private work. She is a writer and consultant trainer in both groupwork and counselling skills. She also facilitates workshops and seminars on a range of relevant topics for students and trained counsellors.