

WHAT IS COUNSELLING?

Counselling is for men or women, for all ages, and is suitable for many problems.

Counselling provides you with a safe, supportive, and private place, where you can explore any difficulties or distress in your life.

You would be accepted, understood, and not judged. Also nothing will be considered too trivial.

You may be feeling anxious, confused, distressed, out of control, or behaving strangely.

Perhaps a recent or past experience in life seems to have affected you.

Maybe you have had a change in circumstances, or suffered a loss.

Counselling is also suitable if you wish to gain more self-understanding and awareness.

HOW CAN IT HELP?

I am a fully qualified counsellor, and have GP surgery, School & NHS experience. I see men, women or young people.

I am trained to listen attentively and objectively, and to allow you to express strong emotions such as fear, anger, confusion, or grief without becoming burdened by them.

Sometimes this is not possible with friends or family.

I can offer the highest possible limits of confidentiality, so that aspects of your life or relationships can be talked about in safety, and without fear of exploitation.

Your identity is always safeguarded

Being able to talk freely in this way, with someone you can trust, may help you deal with your problems, or clarify your options.

APPOINTMENTS & FEES

Appointments are usually for one hour. You may only need a few sessions, but it would depend on your particular difficulty, and on your willingness to continue.

We would regularly review if the counselling was proving beneficial.

At the first session I would give you more information, and answer any questions. There would also be time for you to tell me about yourself or your difficulty.

We would discuss whether we both feel it is appropriate to continue. Some people may need a different kind of help.

I would give you a written agreement so that you are clear about our way of working together.

If you decide not to proceed after this first session, there would be no pressure for you to continue.

THEORETICAL APPROACH

I was trained in the Person-Centred Approach, which is considered to be a safe, successful, and respectful method of counselling.

This is still my main approach, though other training I have undertaken informs my practice eg Brief Solution Focused Therapy.

I will respect and honour your individuality, and your cultural, social, religious, or spiritual beliefs and values.

Great emphasis is placed on the quality of the relationship formed between the counsellor and client. I work only with material that **you** choose to disclose, and at your pace.

I would try to create the right conditions that would enable **you** to find **your own** solutions, or come to terms with your problem.

QUALIFICATIONS

**Advanced Diploma in Counselling
Diploma in Expressive Arts Therapy**

Cert in Brief Therapy. Cert. in Family Therapy

Diploma in Positive Impact Coaching

**Teaching Certificates in Adult
& Further Education**

Cert. CISD

AQA Loss & Grief

Numerous other courses taken on Stress, Life-skills, Loss & Grief, Confidence-building, Culture, Sexuality, etc .
Full CV on website

NHS HOSPITAL, GP SURGERY & SCHOOL EXPERIENCE

I abide by the British Association for Counselling & Psychotherapy Ethical Framework, and am subject to its Complaints Procedure.

My premises are in a pleasant and private area, but close to public transport.

**Contact now for appointment or
more details.**

WOULD IT HELP TO TALK?

PROFESSIONAL COUNSELLOR IN PRIVATE PRACTICE

- Loss and bereavement
- Relationship problems
- Anger or Depression
- Abuse or harassment
- Low self esteem
- Family Issues
- Stress or anxiety
- Life changes
- Employment issues

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