

## My aim as a counsellor

Through empathy and expertise, to help individuals and couples enjoy a more fulfilling life.

To work with clients of all ages who have issues they wish to resolve or who seek greater self-awareness and personal development.

To help clients make the most of their aspirations and talents.

## About me

My own experience as a client of individual and group therapy together with experiential therapeutic courses have led me to a deep understanding of the cathartic and long-term beneficial effects counselling can have. Since gaining my first counselling qualification in 1993 I have worked privately, in commercial and voluntary agencies dealing with a wide variety of issues. In addition to my private practice, I have worked as a telephone counsellor for an Employee Assistance Provider dealing with a wide variety of clients and issues, and in schools counselling students.

## About Counselling

### Face-to-face or Online?

I offer two different forms of counselling - face-to-face, and 'online' via telephone (Skype) or email - each of which offers the same fundamental principles of counselling, i.e. confidentiality and impartiality. The form of counselling chosen will depend upon several factors. Perhaps you are comfortable working with computers and prefer the anonymity this offers. Perhaps you prefer to meet face to face. It is very important that you choose the medium which you believe suits you best.

### What can you talk about?

Whatever 'problems' (some prefer to call them 'issues') you may have it is usually good to discuss them with someone else. Often the mere act of telling someone else about something which is disturbing you can help you feel better about it. You can talk about anything you wish in complete confidence.

### How can counselling help and what does Person-Centred mean?

Perhaps you wish to know more about the process before you choose to begin and you may be wondering how discussing an issue with a complete stranger works.

As a Person-Centred Counsellor I believe that we each have the facility to resolve those issues which we consider to be adversely influencing our sense of well-being. I aim to provide clients with an opportunity to explore their thoughts and feelings

- to gain a greater understanding of the reasons for such feelings and to be aware of the choices available or
- to gain a greater understanding of themselves in order to enhance their personal development and self-awareness.

Whatever causes you to seek help - stress from work or home, financial difficulties, marital issues, anxiety, depression, a loss or bereavement, a relationship issue whether with your partner, friend or work colleague - it is a significant move on your part to acknowledge that there is something that you need to deal with which you cannot do

on your own. You have taken the very brave step of a) acknowledging it and b) doing something about it.

However, it may also be that you do not have a particular issue to discuss but wish to raise your self-awareness and enhance your personal development. That too we can do together.

By discussing your issue(s) with a professional, impartial listener and being challenged in such a way that you gain a greater understanding of yourself you become aware of the choices available to you. You are then better able to resolve whatever has been disturbing you and to then **act in your own best interest**.

The person-centre approach was initiated by Carl Rogers who said ‘..... the individual has it within himself the capacity and the tendency, latent if not evident, to move forward toward maturity..... This tendency may become deeply buried under layer after layer of encrusted psychological defenses (sic); it may be hidden behind elaborate facades which deny its existence; but it is my belief that it exists in every individual, and awaits only the proper conditions to be released and expressed.’

I am a member of the following professional organisations



If you wish to make an appointment for either face-to-face or online call me on 01562 852145 or 07949 326972.

Visit my web site at [www.gtccounselling.co.uk](http://www.gtccounselling.co.uk) where you will also find more information. You may also wish to read my blog which is accessible via my web page.



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