

Counselling for Abuse

30 minutes • Price varies

Abuse is when the way others treat you becomes harmful to you. Abuse can take many forms, including emotional, physical or sexual.

Therapy can help you address how this has made you feel and work through your feelings so you feel better about yourself.

Counselling for ADD or ADHD

1 hour • Price varies

ADD or ADHD usually begins in early childhood but can continue into adulthood. Those affected may be hyperactive, impulsive or find it difficult to pay attention.

Therapy that involves forming an attachment and creating a working therapeutic partnership where you can be heard and encouraged to find words for your feelings.

Counselling for Addictions

1 hour • Price varies

You've become overly dependent on something, often when you're trying to escape from other problems. You may be addicted to;

Alcohol, Drugs, Gambling, Sex, The Internet, Shopping

Therapy can help you address the causes of your addiction to help you stop your addictive behaviour. It may feel at times that there is no way you can stop but with help there is always hope and a way forward.

Counselling for Adoption

1 hour • Price varies

Being adopted has affected you in many ways. You may:

- * Feel Loss or Rejection
- * Be confused and have split loyalties
- * Feel disappointed and depressed
- * Be in turmoil over how you feel.

In therapy you can talk through how being adopted affects you, understand what you are thinking and explore the issues you are experiencing.

Counselling for AIDS or HIV

1 hour • Price varies

HIV is the virus that causes acquired immune deficiency syndrome (AIDS). It weakens your ability to fight infections. Having HIV does not always mean that you have AIDS, and it can take many years for AIDS to develop. HIV and AIDS cannot be cured but there are many ways you can stay healthy and live longer. Therapy can help by supporting you in dealing with the symptoms and reactions.

Counselling for Anger

1 hour • Price varies

Anger is a normal emotion, but it can become uncontrollable and create problems for you, your family and your personal relationships. Anger can stop you thinking clearly, make you act impulsively, or may make you aggressive and violent towards others.

If you find it difficult to talk about how you feel, you may suppress your anger or turn it inwards. This can lead to problems such as:

- * eating disorders
- * self harm
- * drugs
- * alcohol addiction

Therapy can help you find the cause of your anger and provide ways to control and change your behaviour.

Counselling for Anxiety

1 hour • Price varies

Anxiety is common in mental illness or after extreme or distressing experiences. You may feel intense apprehension or worry, accompanied by acute physical signs such as:

- * sleeplessness
- * rapid heartbeat
- * palpitations
- * dizziness
- * irritability

Therapy can help you with anxiety, panic attacks and phobias by giving you ways of dealing with situations as they occur and exploring the cause. of your feelings.

Counselling for ASD

1 hour • Price varies

Autism spectrum disorders (ASDs) are lifelong development disabilities, which can cause difficulties with social interaction or restricted and repetitive patterns of behaviour and interests. People can be affected in very different ways - some can live relatively unaffected lives while others need specialist support. Therapy can provide support for those living with autism and offer coping strategies.

Counselling for Bereavement

1 hour • Price varies

It's normal to feel angry, sad or lonely when a loved one dies or leaves.

Even the loss of a pet can have a major psychological effect. Working through your feelings can help you come to terms with your loss.

Counselling for Bullying

1 hour • Price varies

Bullying is when other people have the power to cause you pain and distress through abuse, threats and intimidation. It can include emotional, physical, verbal and cyber bullying and can happen at all ages - in families, education and at work.

Therapy can be helpful for both the victim and the bully.

Counselling for Cancer

1 hour • Price varies

Cancer

If you have cancer, you may feel anxious and stressed about the changes in your body or the effects of your treatment. You may be angry and find it difficult to cope with feelings of loss of control. It can help to talk through these feelings with a therapist, as your friends and family may be too close to the issues to see them clearly.

Counselling for Careers

1 hour • Price varies

You may benefit from career counselling when you are asking about possible career movements or areas of study. I can help you set your personal goals and identify any factors likely to influence your decisions or affect your objectives.

I am able to give confidential guidance and help to ensure that you are setting realistic targets for yourself and making positive career choices.

Counselling for Children

45 minutes • Price varies

You may be struggling with the worry of SATS or moving to High School.

Maybe you're in Years 7 & 8 and are still getting used to having more homework and being in a much bigger school.

Counselling which builds your Self-Esteem and Self-Confidence and a space to talk about your feelings can help you make the move to a new school easier.

Counselling for Couples

1 hour and over • Price varies

You are struggling like many with the pressures of modern life. Maybe feeling less like lovers but business partners who run a house, pay the bills and bring up children.

Over time, you've drifted apart. No longer close and barely recognisable at times from the couple you were once.

Having the space that enables both of you to talk about inner-most feelings in a safe environment, can be transformative and possibly lead to the repair and reconciliation of the relationship.

Where there has been confusion and entrenched positions, both of you are able to talk about how you each feel.

Counselling for Cultural Issues

1 hour • Price varies

Cultural issues

In our increasingly multi-cultural and multi-racial society, people may need help adjusting to their own and other cultures. Personal and professional relationships between different cultures challenge and put pressure on people to maintain their own identity and values which can cause:

- * anger
- * anxiety
- * isolation
- * low self-esteem
- * negative self image
- * feelings of being different

Cultural counselling acknowledges the impact these issues can have on your wellbeing and may help you to cope with them.

Counselling for Depression

1 hour • Price varies

You feel so low. It's enough to get out of bed in the morning and even that is becoming less and less of a certainty.

Well-meaning friends and family are giving you advice but it's all too much to take in, let alone to act upon. People keep suggesting meeting you but you haven't got the energy or the inclination to meet.

Depression can be a devastating illness; affecting your body, mood, behaviour and thoughts. It is not a sign of weakness or failure. Not something that can be changed overnight. Without treatment, symptoms can be present for years, preventing you from functioning fully.

Counselling for Disability

1 hour • Price varies

Therapy can help you get to know yourself better, clarify issues that matter to you and develop your potential. It gives you the opportunity to work in ways which promote your ability to resolve problems, or to develop coping skills for things which cannot be changed.

Counselling for Eating Disorders

1 hour • Price varies

Eating disorders are extremely common and can be serious or even life threatening if not treated appropriately. People often use dieting, bingeing and purging start as a way to cope with painful emotions and to take control. But if these behaviours continue, they will damage your physical and emotional health and self-esteem. Therapy can be helpful in changing thoughts and expectations and in providing support and encouragement.

Counselling for Emotional Distress

1 hour • Price varies

Sometimes, simply sitting down with someone who can help you put your feelings into perspective can be beneficial. In counselling, you can explore personal difficulties or feelings of dissatisfaction and, talk openly about aspects of your life, in a way that may not be possible with friends or family. Therapy can help you discover what is important to you, so you can live the kind of life you really want and improve your health and wellbeing.

Counselling for Financial Debt

1 hour • Price varies

If you have financial problems, you should seek financial advice as soon as possible. But it can also be helpful to discuss the emotional difficulties that debt may raise with a therapist.

Counselling for Health Related Issues

1 hour • Price varies

Therapy can help anyone who is generally worried about their health, or who needs help in coming to terms with being diagnosed with illness. Working through feelings such as 'why me?' can be beneficial to your quality of life.

Counselling for Infertility

1 hour • Price varies

Being unable to get pregnant, or having repeated miscarriages, causes many complex and painful emotions. Infertility treatments can also be physically uncomfortable, time-consuming and exhausting, placing great emotional demands on those involved. Talking to someone who is not directly involved can help you to come to terms with the situation.

Counselling for Life Skills

1 hour • Price varies

Therapy can help you to identify the skills and capabilities that you have and use them to the best of your ability. It can make you better able to change things to:

- * make your life run better
- * realise ambitions
- * fulfil your potential
- * be happier
- * be more successful
- * become more peaceful, sociable or fun

Counselling for Loss

1 hour • Price varies

Loss is not just about death; you could have also lost a relationship, a job or your health. Losing someone or something you love is very painful and you may experience many difficult and surprising emotions, such as shock, anger, grief and guilt. Therapy can help and support you through this difficult period of your life.

Counselling for OCD

1 hour • Price varies

Obsessions are usually unpleasant thoughts, pictures or impulses which come into mind when we don't want them. Compulsions are the behaviours used to 'put high' or act on the obsession.

Most people have occasional intrusive, troubling thoughts, such as worrying that you've left the oven on but some people can't get rid of them. If you have OCD, you may have repeated obsessions and compulsions that seem very important and make you feel anxious. Therapy can help you put things into perspective and develop coping mechanisms to deal with the triggers of OCD.

Counselling for Personal Development

1 hour • Price varies

Therapy can help you use knowledge, skills and experience to develop your self-esteem. This enables you to take responsibility for things like your:

- * health
- * career
- * finances
- * relationships
- * emotions
- * habits
- * spiritual beliefs

Counselling for Phobias

1 hour • Price varies

A phobia is an irrational, intense, persistent fear of certain situations, activities, things or people.

Therapy can help you manage these thoughts and put them into perspective.

Counselling for Post-Traumatic Stress

1 hour • Price varies

Post-traumatic stress disorder (PTSD) is a psychological and physical condition caused by a very frightening or distressing event. With PTSD, you often relive the event through nightmares and flashbacks. You may have problems concentrating and sleeping, and feel isolated and detached. The symptoms are often persistent and severe enough to have a significant impact on your day-to-day life.

Counselling for Pregnancy Related Issues

1 hour • Price varies

The experience of pregnancy, whether planned or unplanned, can be confusing and stressful, and may cause mixed feelings. For example, you may have concerns about how it could change your relationships. Therapy can help you understand your feelings towards your pregnancy, or explore difficult emotions following a miscarriage, stillbirth or termination.

Counselling for Redundancy

1 hour • Price varies

Redundancy can lead to feelings of loss and confusion, as well as concerns about how to pay your bills. Therapy can help you work through issues of self-esteem and confidence, and the practicalities of redundancy.

Counselling for Self-Esteem

1 hour • Price varies

If you have low self-esteem, you may view life in a negative way which makes things seem hopeless or pointless. You might think you are worthless, and that other people are better than you. You may have difficulty saying what you really feel, or you may lack the confidence to be assertive. As a result =, you may feel that people take advantage of you and treat you badly. Therapy can help you to explore the way you feel and change your view of yourself and others.

Counselling for Self-Harm

1 hour • Price varies

Self-harm can be a way of coping with painful and difficult feelings and distress. You may harm yourself because you feel overwhelmed and don't know how else to deal with things. Therapy may help you discover and deal with the feelings that are causing you to self-harm.

Counselling for Sex Related Issues

1 hour • Price varies

Sexual difficulties can occur at any time, especially during times of stress and change. If sex used to be exciting but no longer seems so, therapy can help you look at why the change happened. In a good relationship, getting help should give you an opportunity to find some answers.

Counselling for Sexual Identity

1 hour • Price varies

Working out whether we are more comfortable in same sex or opposite sex relationships is part of our sexual identity. You may feel really sure about your sexual identity or it may be more fluid and changeable. Talking to a therapist can help you explore these feelings.

Counselling for Sexuality

1 hour • Price varies

For many people, coming to terms with their sexuality can cause a lot of anxiety and heartache. You may know from an early age that you are lesbian, gay, bisexual or transgender . Or you may feel confused about your sexuality and take longer to work out what seems right for you. Therapy may help you come to a decision or to deal with a decision that you have already made.

Counselling for Spirituality

1 hour • Price varies

Spirituality is about how you make sense of the world and find meaning in your life. It can, but does not necessarily, involve specific religious beliefs. Therapists who are experienced in spirituality can help you find inner peace and a deeper sense of meaning and belonging.

Counselling for Stress

1 hour • Price varies

Stress can be a positive thing and help you achieve your goals. But too much stress can put your health at risk and lead to physical, mental and emotional problems. Therapy could help you to manage your life differently or support you in developing coping strategies.

Counselling for Suicidal Feelings

1 hour • Price varies

Many kinds of emotional pain can lead to thoughts of suicide. You may reach a point at which you feel you can no longer cope. You may not truly wish to die, but you may need help at that moment. Therapy could help by allowing you to share your thoughts and feelings and work on ways to transform negative thoughts into more positive ones.

Counselling for Trauma

1 hour • Price varies

Traumatic events come out of the blue. Accidents, illnesses, disasters, assault, combat, sexual, emotional and physical abuse are all events which are traumatic. Such events can leave us feeling shocked, disorientated and distressed. You may feel like your world has been turned upside down. In the first hours, days and weeks following an event, you may continue to feel confused, distressed and fearful. These are normal responses to abnormal situations. Sometimes though after several weeks or months you, may still be experiencing uncomfortable reactions and making sense of them is important.

Counselling for Teenagers

45 minutes • Price varies

The pressure on you as a Teenager as we approach the next decade, the 2020s, has never been greater; feelings can sometimes arise of stress and anxiety from the weight of expectation placed on you by peer pressure, society, parents and school.

Having that space to be able to express your emotions and build your self-esteem and confidence, can make such a difference to your mental well-being.

I have two daughters, now in their twenties but they would both agree that a I have never lost touch with my 'Inner Child'. I put people at ease and make the sessions fun and accessible to all.

Counselling for Work Related Issues

1 hour • Price varies

The average person spends almost a quarter of their adult life at work. It can give you a sense of purpose, structure and satisfaction while also providing the means to finance daily life. It can also cause stress, frustration, poor health and self-esteem issues. If you start to lose sleep, constantly dread work or drink heavily, it may be useful to seek help from a therapist.