

The Therapy Rooms

What is counselling?

Counselling provides a safe, confidential environment for when a person is experiencing a difficult time in their lives. It may be that they are struggling with their emotions, feel stuck, out of control, unable to speak to family or friends.

All people are individuals and unique, and as such, different people have different needs from therapy. Counselling can be a place to explore thoughts and feelings, identify ways of thinking and interacting with others, and uncovering root causes of long standing issues. A person may be looking for tools to resolve their problems or ways of coping.

By working through issues in therapy, a person can come to terms with the problems they are facing, with the aim of overcoming their difficulties. This can lead to making changes to their lives; either externally or within themselves.

Common issues that bring people to counselling

- Abuse
- Anger
- Anxiety
- Bereavement
- Depression
- Health issues
- Low self-esteem
- Relationship issues
- Sexual problems
- Sexuality
- Stress
- Work related stress

What you can get from counselling

Your counsellor aims to build a therapeutic relationship of respect, empathy and genuineness, where you are listened to non-judgementally and accepted for who you are. By exploring your issues in therapy, this can lead to a better understanding of yourself and how you think, giving you a clearer understanding of your problems. Your counsellor appreciates that therapy can be a difficult, emotional experience, so will work with you, at your pace, to facilitate you finding your own answers, making the changes you want to, that will enable you to move forward.

What you will not get from counselling

Your counsellor will not give you advice, tell you what to do, or give their personal opinions.

Making the most of each session

Counselling is a therapeutic journey, as and such can take time. People who get the most out of therapy are usually those who use the session time to increase their awareness, learn new skills and are actively involved in getting what they want from the sessions.

Who offers counselling?

[Sue Crossland](#)

[Jon Barker](#)

[Valerie Fletcher](#)

[Chege Mwangi](#)

[Nancy Edmanson](#)

[Suzanne Genner](#)