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Borders Confidential Therapy Services Information Leaflet

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I am a BACP Registered Accredited Counsellor with Post Graduate Diplomas in Counselling and Psychotherapy, Clinical Supervision, Clinical Hypnotherapy and Teaching, with 22 years professional experience running a confidential private practice. I consider the importance of keeping up to date with current practice to be essential in professional services and reflect this in my services.

My main work is with self referred individuals, couples, frontline Public Services and Corporate clients. I provide Critical Incident Debriefing Sessions for Organisations and EAP Providers.

My practice integrates 'Counselling & Hypnotherapy' from a Humanistic theoretical framework and I incorporate 'Cognitive Behavioural Therapy' to reflect and work on behaviours, thoughts and attitudes which may be causing clients to experience problems, ultimately affecting relationships with partners, family, friends and work.

Clients may often experience anxiety, bereavement, depression, low self esteem, lack of confidence, phobias, fears, addictions, habits, stress related illnesses, PTSD, OCD behaviour patterns, breakdown of relationships, divorce and many other issues which impact on everyday life.

Through Counselling, Hypnotherapy and CBT, I believe I can offer professional services including Mandatory Professional Support sessions to specialist teams within the Public Sector. I have worked with the Police Force since 2000 with a variety of professional services.

My professional and personal beliefs embed the philosophy that talking to someone who listens confidentially, empathically and professionally with no emotional involvement, can enable clients to find new ways of taking responsibility for themselves, their lifestyle and enable them to make decisions that can improve their quality of life and ultimate happiness. Change can be difficult and often too much to take on alone.

Over the last 15 years I have gained extensive experience working with a variety of Professionals including the Police, Probation, Prison, Ambulance, Fire Service, Social Workers, Local Government, Teachers, Solicitors, NHS staff, Middle and Senior Management and GP's through EAP provision and Private Practice.

I have continually developed my knowledge, skills and experience to support individuals through all areas of my work including Professional Standards Hearings, Tribunals and a variety of complaints procedures, enabling individuals to continue in their roles at difficult and demanding times.

I constantly update my knowledge and skills through Continuing Professional Development events and activities and feel passionate about working therapeutically to instigate personal awareness to promote individual life changes.

My professional fees incorporate the following services:-

Counselling	£40 per session
Couples Counselling	£55 per session
Telephone	£40 per session
CBT	£45 per session
Hypnotherapy	£60 per session

Non Attendance/Cancellations incur the full fee for all professional services unless 24hrs notice is given (Mon-Fri)

Weekend bookings negotiable (fees on request)