

Professional Counsellor & Clinical Hypnotherapist

Susan Ellen Draper-Todkill

BAHons. PGDip Couns. PGDip Supervision. MBACP Accredited.

CCMHC. PGCE. MifL. GHR Registered

BORDERS Confidential

Therapy Services

Counselling & Clinical Hypnotherapy



Individuals, Couples, Corporate
& Public Sector

Face to Face & Telephone Counselling

mobile **07944445548**

email: sue.drapertodkill@gmail.com

www.borderscounselling.co.uk

I am an Accredited Registered member of the **BACP** and work within their ethical framework and guidelines for good practice. I work integratively incorporating a range of tools I am fully qualified to use and receive regular supervision in line with BACP requirements. For more detailed information visit: www.bacp.co.uk

My therapeutic services include Counselling and Clinical Hypnotherapy which can help with a whole range of issues and works well with an Integrative Approach.

Anxiety and related feelings of panic
Bereavement, Grief and Loss
Couple Counselling and relationship breakdown
Depression and low mood
Eating Disorders
Family issues and difficult dynamics
Fears and Phobias
Health related issues and terminal illness
Lack of Confidence / Low Self Esteem
Relationship issues, breakdown in communication
Stress and personal overload
Work related issues / Bullying & team issues

Confidentiality is important for the success of the counselling and hypnotherapy relationship and building trust. Clear guidelines and limitations will be established at the initial assessment session including real harm to yourself or another person whereby a third party may need to be involved.

During the first session you have the opportunity to discuss and outline the main issues you feel are important for you to explore and work with.

An initial assessment underpins the work and provides important background information to establish the most appropriate treatment plan.

Your involvement and commitment is essential to achieve the best outcome from therapy. Issues and concerns that have been troubling you can be explored and worked on.

Together we can discuss how you can work with and reflect on behaviours, thoughts and attitudes which may be causing you to experience problems in your relationships with partners, family, and friends and at work. Talking to someone who can listen empathically and professionally with no emotional involvement can enable and support you to find new ways of taking responsibility for yourself, your lifestyle and ultimately enable you to make decisions that can improve your quality of life, happiness and wellbeing.

A session will last no longer than one hour. To ensure your confidentiality and that of others **please keep to the agreed session time.**

www.borderscounselling.co.uk

I run a busy practice and keep waiting times to a minimum- always aiming to book people in within seven days. Your therapy session is reserved specifically for you and it is standard practice to charge for missed or cancelled sessions where at least 24 hours notice has not been given - Mon to Fri. You have the option to book a block of sessions in advance to guarantee the times and dates you prefer from a range of daytime or early evening appointments. I can be quite flexible with timing of sessions when booked in advance.

Telephone counselling sessions eliminate travel and can fit around personal or professional commitments with the option to ring from anywhere in the country.

My practice includes Cognitive Behavioural Therapy sessions. Problems that may feel out of our control and too big to challenge, can be discussed safely and worked on in therapy to bring life back to 'normal' using targets and personal goals through homework.

Counselling	£40.00 per Session
Couples	£55.00 per Session
CBT	£45.00 per Session
Hypnotherapy	£60.00 per Session

Weekend booking negotiable Fees on request

Session at:-Kirkby in Ashfield, Notts, NG17 8HS

Cancellations incur full fee for the Professional services unless 24 hours notice given Mon - Fri