Edge Hill University

Approved Personal Therapists Handbook

MSc Counselling & Psychotherapy Creative Contemporary Approaches

GUIDANCE ON PERSONAL THERAPY

Professional Requirements

In order to meet professional requirements through UKCP, the following are expected standards:

1. Completion of 40 hours of personal therapy per year for four years in total.
2. Work with a therapist registered with UKCP, BACP or one of the professional associations of arts therapies.
3. Work with a therapist trained in an approach akin to the ethos of your studies, including:
    - Any form of humanistic psychotherapy, e.g. person-centred, Gestalt, transactional analysis, process-oriented psychotherapy, body psychotherapy, psychodrama, dance movement psychotherapist
    - Psychodynamic psychotherapy, group analysis
    - Art psychotherapy, music therapy, dramatherapy
    - Integrative/pluralistic psychotherapy

Financial Support

To support you in completing these professional requirements the School of Applied Health provides each student with an allowance for therapy sessions:

- Full Time students are allocated £600 per annum for personal therapy.
- Part Time students are allocated £300 per annum for personal therapy.

This annual allowance can be used from the start of term until the **31st July 2022**, please note **any unspent budget will then expire and will not be carried over into the 2022/23 academic year.**
Each student is responsible for managing their therapist allowance and **the University will not pay for:**

- Any missed sessions
- Sessions cancelled at short notice
- Any sessions which exceed the yearly allowance.
- Any sessions held with an unauthorized therapist.

Once this allowance has been spent the payment of any additional therapy sessions is the responsibility of the student.

Selecting a Personal Therapist

When selecting a therapist please ensure they are a good emotional fit, most therapists offer a free trial session, do make use of this facility before booking any further sessions.
Therapists can either be sourced in two ways:

1. **Approved Therapists**

    In this booklet you will find a list of pre-approved therapists, if you wish to use these therapists please make contact with them and ask them to submit a Schedule of Sessions to AskAHSW@edgehill.ac.uk Once this is completed you can begin your sessions and the therapist will invoice the University directly for them. Please note for reasons of confidentiality each therapist is only permitted to see a maximum of three students within a cohort.
2. **Finding Your Own Therapist.**

    Alternatively, you may wish to find your own therapist, when doing so please ensure they meet the following criteria:
    - They are registered with the UKCP; BACP; or one of the professional associations of arts therapies.
    - They have over five years' experience as a therapist.
    - Their approach is akin to the ethos of your study.
    - They are a good emotional fit for you.

    When searching for a therapist you may find the following websites useful:
    - UKCP website: https://www.psychotherapy.org.uk/find-a-therapist/

The information within this handbook is correct at the time going to print. Should you notice any discrepancies, please contact AskAHSW@edgehill.ac.uk

- BACP website: https://www.bacp.co.uk/search/Therapists
- The counselling directory: https://www.counselling-directory.org.uk/
- The website for professional associations of arts therapies
    - BAAT: https://www.baat.org/About-BAAT/Find-an-Art-Therapist
    - BADTH: https://badth.org.uk/therapist-search
    - BAMT: https://www.bamt.org/british-association-for-music-therapy-resources/find-a-therapist.html
    - ADMP UK: https://admp.org.uk/find-a-dance-movement-psychotherapist/
- HCPC directory for arts therapists: https://www.hcpc-uk.org/check-the-register/
  (Note that art psychotherapists, drama therapists and music therapists are also expected to be registered with HCPC; dance movement psychotherapists are often also accredited by UKCP)

Once you have found a therapist you wish to work with please complete the Therapist Information form [available on blackboard] and submit it to AskAHSW@edgehill.ac.uk

PLEASE DO NOT START ANY THERAPY SESSIONS UNTIL YOUR THERAPIST IS APPROVED BY THE PROGRAMME LEADER.

THE FINANCE CHECKS REQUIRED TO SET UP A THERAPIST TAKE SOME TIME, **IF YOU COMMENCE YOUR SESSIONS WITH A THERAPIST BEFORE THESE ARE COMPLETED YOU WILL BE EXPECTED TO COVER THE COST OF ANY SESSIONS.**

If you have any questions about this process do contact AskAHSW@edgehill.ac.uk

Contents – Approved Therapists

Name	Location	Cost Per Therapeutic Hour (50-60 minutes)
Adele Murphy	Childwell, Liverpool	£60
Ailsa Parsons	Stockport	£55 for 55 mins
Alison Louis	Southport	£25
Alison Simone	Runcorn	£30
Andrea Leyland	Burscough	£30
Angela McDonnell	Manchester	£45.00 (per session if 10 sessions paid upfront) £50 (per session if you pay as you go)
Anna Marie Bell	Deeside, Flintshire	£25
Caroline James	Redcar	£20
Catherine Blanshard	Wigan	£35
Cathy Macbeth	Skelmersdale	£35
Cecile Buckenmeyer	Lancaster	£60
Charlie Moritz	Whaley Bridge	£50
Cheryl King	Preston	£38
Dawn Warwick	Cambridgeshire	£50
Deborah Bache	Southport	£15
Debbie Garrett	Pendle, BB12	£30
Donna Hendricks	Preston	£30
Ellen Daly	Wigan	£40
Glenys Taylor	St Helens	£38
Heather Greenbank	Manchester	£50
Jane Mary Payton	Formby	£35
Jackie Beattie	Aughton	£50
Isabelle Chefdor	Eccles, Manchester	£35
Joan Edge	Wirral	£25
Joanne Henry	Parbold	£40
Joanne McAlpine	New Brighton, The Wirral	£35/£40
Jon Chapman	Cambridge	£50
John Leyland	Ormskirk	£30
Julie Kuhn	Newquay	£30
Kath Howarth	Accrington	£35
Lesley Wilson	Colne	£35
Linzy Boden	Allerton, Liverpool	£40
Luke Stephenson	Liverpool	£40
Lyndsey Smith	Runcorn	£40
Mandy Harris	Wigan	£30
Margaret Heap	Accrington	£25 - self funded £30 external
Margaret Seddon	Wigan	£40
Melanie Stephenson	Epping	£60
Mia Leyland	Wigan	£40 (50 mins)
Michelle Richards	Mossley Hill	£50
Nicky Scott	Wigan	£35
Nicola Robinson	Fulwood	£40 (£35 if block of 6 sessions booked)
Pamela E James	Southport	£30
Paula Gosling	Liverpool	£40

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Rachel Johnson	Southport	£40
Rajita Rajeshwar	Altrincham, Manchester	£50
Rochelle M Knee-Copnall	Birkdale	£30
Sally Floyd	Petersfield, GU23	£50
Samantha Adams	Chesterfield, S41	£45
Stephen Manning	Childwall, Liverpool	£40
Trish Jolley	Southport	£30
Wayne O'Sullivan	Bamber Bridge, Preston	£25
Wendy Marsh	Chorley	£35

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Approved Therapists

Adele Murphy

Name	Adele M Murphy
Address	Liverpool L25
Telephone/Mobile *(please include the hours in which you can be contacted)*	07722541160 If on silent, please leave a voice message and I`ll return your call as soon as possible
Email	Adelemurphy64@gmail.com
Website *(if applicable).*	N/A
Relevant qualifications	Counselling Diploma 2002, Arts in Mental Health, Transactional Analysis, Inner Child Work, CBT Diploma, Short term work and long-term work undertaken working with individuals and couples.
Year of experience	Over 19 years' experience.
Current membership of professional body	MBACP (Senior Accreditation) and Registered Member, BUPA Registered, BABCP Member and MifL member
Why I work as a Counsellor/Psychotherapist	I believe in the concept of Counselling/Psychotherapy and feel honoured to be able to work in a role that ultimately creates an environment that is underpinned to help people to live a more satisfying life. To be part of the healing process of another gives purpose and meaning for me.
How I work as a Counsellor/Psychotherapist	I have been practising as an Integrative Therapist for a number of years now and find that this way of working both helpful and beneficial for my clients as we are able to adapt the therapy required by each individual/couple and tailor the work to their requirements. I use a variety of approaches including Person Centred, Transactional Analysis, CBT, Inner Child Work and Psychodynamic to adapt to the way clients' issues are affecting them. I work with a variety of issues ranging from Anxiety, Depression, Bereavement, Workplace Stress, Relationship difficulties, Anger Issues and have found that the ability for a client to feel understood and heard is vital. I tend to use homework tasks also as this can help to focus the work and has found to be beneficial as the client can feel in control and part of the work.
Any other information	I feel very privileged in working in a field that both invigorates and challenges me, and it never ceases to amaze me the capacity for healing that is within us. To be able to work alongside clients to gain access to their inner world still fills me with wonder and humility. I enjoy exercise and yoga together with reading and walking to help gain some balance in my life.
Additional Notes on Fees	-

Ailsa Parsons

Name	Ailsa Parsons
Address	Remote working via Zoom
Telephone/Mobile *(please include the hours in which you can be contacted)*	07850962690 Weds 1pm – Fri 3pm
Email	ailsa@authenticmoves.co.uk
Website	http://authenticmoves.co.uk
Relevant qualifications	BSc (Hons) Exercise, Physical Activity and Health (University of Salford) MSc Psychology (University of Chester) MA Dance Movement Psychotherapy (University of Derby) Various mini courses/CPD (e.g. Coaching, Motivational Interviewing, CBT)
Years of experience	DMP/creative therapeutic work – 7 years (including training) Coaching, brief & lifestyle interventions – 10 years
Current membership of professional body	Professional registrations: RDMP (Registered Dance Movement Psychotherapist in Private Practice) UKAHPP (Psychotherapeutic Counsellor) BPS (CPsychol, Chartered Psychologist) fHEA (Fellow of the Higher Education Academy Psychologists Protection Society (Insured for therapy work)
Why I work as a Counsellor/Psychotherapist	It took me a long time to figure out and then craft a vocation that utilised my existing interests and capacities to positively impact others, while also being intrinsically rewarding and meaningful to me. Having already worked in an NHS specialist service using lifestyle coaching, CBT-based group work, and Motivational Interviewing, before lecturing in Psychology as an academic, I recognised that some fundamental pieces of the 'puzzle' both in my work with clients, in my academic work and personally, were missing (or at least dormant). Those pieces were creativity, embodiment and a Humanistic, person-to-person connection to allow space for exploration and meaning-making. Several years had elapsed since I had last seriously engaged with my creative passions and identity around dance and music-making, which had been side-lined and crowded out by my 'serious work', and this was a clear sign that it was time to reignite and develop these core interests as professional resources. Therefore, I undertook the MA Dance Movement Psychotherapy programme in 2015, and subsequently launched my private practice. This continues to be the best career decision I've made, as the power of creative exploration and 'life-wide' experiential/reflective learning endures for both myself and my clients.
How I work as a Counsellor/Psychotherapist	I would describe my overall orientation as Humanistic, holistic, and Integrative/pluralistic. Creative and embodied methods and media such as movement, dance, music, visual art, mindfulness, and imagination are incorporated to suit the client, illuminating, enriching, and crystallising our work with the emotions, cognitions, beliefs, behaviours, and overall lifestyle health/self-care that are commonly targeted in purely verbal counselling/psychotherapy. The aim for clients using creative media in this way, is to explore goals, issues and concerns with mindfulness, creative intuition, and a focus on bodily awareness,

	before reflecting on the experience, the personal meaning(s) and how to use this information to improve their resources and day-to-day experience.
Any other information	Currently, I am offering therapy via Zoom only, on Thursdays and Fridays. This may be subject to change in the coming months/years.
Additional Notes on Fees	Unfortunately, cancellation of sessions with less than 36 hours' notice will incur the full fee I offer a free introductory/consultation session prior to working together, to mutually check that we are a good fit for one another.

Alison Louis

Name	Alison Louis
Address	Southport
Telephone/Mobile *(please include the hours in which you can be contacted)*	07597408327 Contactable 9am-6pm Mon-Sat. Please leave a message and I will call you back asap.
Email	timeforanswerscounselling@gmail.com
Website	www.timeforanswerscounselling.co.uk
Relevant qualifications	MA in Clinical Counselling Diploma in Casework Supervision Certificate in Counselling Skills PGCE in FE/HE
Year of experience	10 years since qualification.
Current membership of professional body	Registered member of BACP
Why I work as a Counsellor/Psychotherapist	My initial experience of working with people in a supportive role came from when I worked as a lecturer in HE/FE. There I realised the importance of providing emotional as well as academic support to students. In my role as a personal tutor and course leader I would often find that allowing people to talk, without judgement, helped them to feel better and more able to make their own choices. When I had a difficult time in my life, I chose to undertake counselling. After this experience I decided to take a course on counselling skills to improve the support I could offer students, which led me to realise that counselling was more than a skill, it was also about how I would like to be in my life, working on healthier relationships with self and others. These days I appreciate having the opportunity at being able to work at relational depth with people.
How I work as a Counsellor/Psychotherapist	In my practice my aim is healthier relationships, with the self firstly and then with others. I offer the core conditions to establish a working relationship based on openness, respect, and trust. Every client is different, so my practice is guided by how they are, how they learn, what will work for them, at what pace they are comfortable working. I base my work on the present, the 'here and now' to engage with a client's thoughts and feelings, plus how they are feeling physically. Being mindful of all these human aspects helps a person to know themselves, be able to understand themselves and their choices. Ultimately, I believe that a person is the expert on themselves. However, as many issues and problems seem to have been caused by previous unhealthy relationships with others, it is the provision of a therapeutic healthy relationship that helps to start the healing. How I work is also dependent on the time available and what the client wants, as I find that many clients do not have the luxury of long-term attendance. My aim is to be able to support a client in becoming aware of their organismic self (real self) versus their self-concept, and to accept who they are now and what they may wish to change.
Additional Notes on Fees	I offer a free introductory 1-hour session to give a person a chance to ask questions, check out whether they feel comfortable working with me and for me to get a little history. Booked sessions will be charged if 24hrs notice is not given, except in emergencies.

Alison Simone

Name	Alison Simone
Address	Runcorn, Cheshire
Telephone/Mobile *(please include the hours in which you can be contacted)*	07718954827 9am-10am
Email	pineal.counselling@sky.com
Website ***(if applicable).***	pineal-counselling.co.uk
Relevant qualifications	BSc (Hons) Clinical Supervision
Years of experience	I began in private practice in December 2016
Current membership of professional body	I am a member of The British Association of Counsellors and Psychotherapists (BACP) I am also included on the BACP register'
Why I work as a Counsellor/Psychotherapist	Having experienced anxiety and depression personally in my younger years, and having no support network, I know only too well the struggles a person can face. I took advantage of counselling offered to me by my GP, and as a result I began a journey of self-discovery. At the end of this journey, I had discovered self-love and self-worth, and, I had learned how to value myself. I was so astonished how someone could delve so deep even with resistance, and connect with my core being, bypassing my anger (as my defence mechanism) and bring forth my authentic self, someone who had so much to give and so much to live for. I had received something so valuable, which I appreciated very much, and so I wanted to pay this forward, which is why I chose to become a therapist. I pay forward the support, guidance, and unconditional support that I myself received, in the hope that I can connect with others in the same way. To have them hopefully connect to that same belief that I did, that they have undiscovered inner strength, and that they are worthy of peace and happiness.
How I work as a Counsellor/Psychotherapist	As in integrative therapist I can integrate Person Centred Counselling with Psychodynamic, CBT, Gestalt, Solution focused, Transpersonal and Existential Psychology in my interactions with my clients. I embrace a holistic view concentrating on a mind/body connection. Taking this holistic approach allows for viewing life and life experiences as part of the larger process of spiritual development, facilitating the growth process through a variety of means aimed at revealing the true self and authenticity of my client's. The aim is to address mental, physical, emotional, social, creative, and intellectual needs, with an emphasis on the role of a healthy spirit in healing. In addition, Existential therapy focuses on free will, self-determination, and the search for meaning, this approach emphasizes a capacity to develop potential, all interventions also aim to increase self-awareness and self-understanding.
Any other information	Having experienced many complex life experiences, I understand the victim, survivor, thriver process. I am my proof that healing can happen, and I feel that my faith in the possibility of healing, allows for positive energy in my therapy room.
Additional Notes on Fees	At present, I am offering telephone appointment at a cost of £30

Andrea Leyland

Name	Andrea Leyland
Address	Burscough
Telephone/Mobile *(please include the hours in which you can be contacted*	01704 895903/07930031920 Please leave a message between the hours of 9am & 9pm Monday to Friday. Leave your name and contact number and I will return your call as soon as possible
Email	bcstherapy@mail.com
Website	www.burscoughcounsellingservice.co.uk
Relevant qualifications	ABC DIPLOMA IN COUNSELLING 2004 CPCAB LEVEL6 CERTIFICATE IN SUPERVISION2012
Year of experience	I HAVE BEEN QUALIFIED AND PRACTICING AS A COUNSELLOR FOR OVER TEN YEARS
Current membership of professional body	ACCREDITED/REGISTERED MBACP REGISTRATION NUMBER- 025182
Why I work as a Counsellor/Psychotherapist	I work as a counsellor as I believe that by a person finding their own self-direction and reach their full potential a person can become more resourceful. Actively offering the core conditions I feel clients can become their own agent. I believe that compassionate human contact encourages psychological contact which promotes an environment for therapeutic change
How I work as a Counsellor/Psychotherapist	I am firmly grounded in the Person-Centred approach, embracing an experiential way of working. I work with the belief that therapy enables clients to re-engage with their own experiential flow. I am respectful to the client's agency and work with the client in their belief that they are the central authority to their life.
Any other information *(please include any relevant information which you feel is important).*	My private practice- I work as a counsellor and supervisor with clients and trainees. I have many years' experience teaching on counselling courses.
Additional Notes on Fees	I offer an initial free introductory session where we can decide if we both feel able to work together. 24 hours cancellation required (£20 charge if less than 24hrs notice given)

Angela McDonnell

Name	Angela McDonnell
Address	77 Derbyshire Lane, Stretford, M32 8BN
Telephone/Mobile *(please include the hours in which you can be contacted*	Apologies, I can't be contacted by phone
Email	Mcdonnellangela@hotmail.co.uk
Website *(if applicable).*	www.angelamcdonnell.com
Relevant qualifications	Creative Expressive Therapies Dip – Art Pathway (Derby University) Integrative Counselling Dip (ABC Awards) Focusing, Levels 1 to 4 (Focusing Australia) Focusing Oriented Expressive Art Therapies, Levels 1 – 4 (Focusing and Expressive Arts Institute) Journey-Circles Art as Process Licensed Facilitator (Journeypath Institute) EFT Practitioner, Levels 1 to 3 (Tania A Prince) Integrative Breathwork Facilitator in training (integrative-breath.com)
Years of experience	15
Current membership of professional body	MBACP 56776
Why I work as a Counsellor/Psychotherapist	The work that I offer is an extension of myself and what I LOVE! I consider myself a creative and spiritual seeker and in my own quest and thirst for learning, healing and expansion I've sought out practices, processes and healing experiences that have nourished and supported me. In turn I offer these in my work to you...
How I work as a Counsellor/Psychotherapist	Person centred talk therapy is at the heart of each encounter, with creative invitations and body-oriented explorations and curiosity woven through.
Any other information	
Additional Notes on Fees	Special Student Pricing 30-minute initial consultation is 10.00

Anna Marie Bell

Name	Anna Marie Bell
Address	Flintshire, CH5
Telephone/Mobile *(please include the hours in which you can be contacted)*	07885 403 363 or 07305 570522 (9 am to 8 pm- Monday to Friday) Voicemail is checked at end of the working day
Email ***(if you would like to make this available to students).***	I use encrypted email. phoenixcreativecounselling@protonmail.com email is checked regularly throughout the day
Website	www.phoenixcreativecounselling.com (Currently being updated)
Relevant qualifications	• Graduate Diploma in Advanced Counselling Studies • Foundation in Art Therapy • Registered General Nurse, and NMP V300 Online& Telephone Counselling Course (ACTO accredited)
Year of experience	14 years' experience as a qualified counsellor 2 years working creatively as a counsellor.
Current membership of professional body	Professional Accredited Register- Member of British Association of Counselling & Psychotherapist (MBACP)
Why I work as a Counsellor/Psychotherapist	At any stage in our lives, relationships and events can leave us with deep hurt and confusion that needs professional help. Counselling can give hope and help untangle confusing thoughts and emotions to understand our true selves and our relationships better, leading to a happier life. Experiencing a therapeutic relationship, that genuinely values, understands and accepts a person, without judgement, can be, in itself, healing. I wanted to work to help people. My counselling journey began when I was a child, continued into adulthood in nursing and midwifery, when I realised people where sometimes not being cared for holistically. I trained to become a counsellor, and I love making a difference.
How I work as a Counsellor/Psychotherapist	As a person-centred creative counsellor, I see the client and therapist as equals. I provide a safe, confidential space to explore the issues that clients bring to session. I accompany the client at their own pace, and we follow the client's agenda. Sometimes finding the right words to communicate feelings and experiences can be just too difficult. Creative counselling interventions can help to deeply express, thoughts, feelings, and experiences, using art, clay, journaling, sand tray and other therapeutic interventions. This can have a profound effect in resolving difficult issues and can be useful at any age or ability.
Any other information	34 years' experience as an RGN- including mental health Member of Royal College of Nursing. NMC -Registered Nurse, and Non-medical Prescriber- NMC PIN 82K1671E Member of Creative Counsellors Association (CCA Ambassador for North Wales)
Additional Notes on Fees	24 hours' notice is required, for cancellation of the session, (unless the reason is due to genuine, unforeseen circumstances) otherwise the full fee will be required. I offer a free telephone, or online platform (Zoom) opportunity, of about 20 minutes, for clients to ask any questions they might have about the counselling, and to see if we might work well together

Caroline James

Name	Caroline James
Address	Redcar
Telephone/Mobile	07510934743 09:00 - 17:00 Monday to Friday.
Email	cjcounsellingservice@outlook.com
Website *(if applicable).*	N/A
Relevant qualifications	BA (Hons) Therapeutic Counselling (First) FdA Counselling (Distinction)
Years of experience	7 years plus of experience.
Current membership of professional body	Registered member of the BACP, membership number: 082756
Why I work as a Counsellor/Psychotherapist	Working as a therapist, for me is a privilege; having the opportunity to work with clients at relational depth, to hear their personal struggles, to be trusted with their inner most thoughts and feelings, to be a part of their world that is often hidden to others is without doubt an honour. And then to see fears and internal struggles begin to dissolve as acceptance, understanding and trust develop, allowing the client to be their true selves is remarkable.
How I work as a Counsellor/Psychotherapist	With the theory of Person-Centred Counselling underpinning my practice, I believe in the importance of the therapeutic relationship between the client and counsellor and therefore will work with you in a genuine, non-judgemental, empathic way at your pace and with whatever you are experiencing in life. This helps to build a trusting relationship where your thoughts, feelings and behaviours can be explored safely with confidence, and where you can gain a clearer understanding of what is going on for you and through this, make positive changes in your life. I passionately believe counselling can change lives and most importantly, facilitate self-acceptance, which in turn helps to promote positive personal growth. I like to work in an open, honest way and I encourage reflection at the end of each session. This helps me to ensure that we are working effectively for you as an individual. I have extensive experience of working with males and females within specialist sexual/domestic violence agencies and understand the impact of trauma (this includes childhood abuse) on the individual, their relationships and on their life in general. I also have experience of working with a range of mental health issues which includes depression and anxiety.
Any other information	-
Additional Notes on Fees	Free initial telephone assessment prior to commencing sessions. I ask for 24 hrs cancellation notice where possible, failure to do so may incur a cost.

Catherine Blanshard

Name	Catherine Blanshard
Address	Standish, Wigan
Telephone/Mobile *(please include the hours in which you can be contacted)*	07394 063050 Monday: 9am-6pm; Tuesday – Friday: 5-7pm Messages can be left outside of these hours and I will return them when possible.
Email	peaceandco-counselling@outlook.com
Website *(if applicable)*	I have a page on the Counselling Directory website which gives further information about myself and my practice: https://www.counselling-directory.org.uk/counsellors/catherine-blanshard I also have a Facebook page: @peaceandcoCounselling
Relevant qualifications	Diploma in Person Centred Counselling (Level 4). I have additional training in: *Bereavement and loss, including training from Child Bereavement UK and the Rainbows training programme on grief and loss. *The ASIST Applied Suicide intervention skills programme* Relaxation and mindfulness strategies-*Self-harm *Safeguarding children and young people *Mental health issues *Domestic abuse, including training from the National Centre for Domestic Violence. *Family therapy *Exploring Dreams * a Gestalt approach
Years of experience	I qualified as a counsellor in 2012.
Current membership of professional body	I am a registered member of the BACP and I am included on their professional register.
Why I work as a Counsellor/Psychotherapist	I was inspired to train as a counsellor when I worked with clients at the charity Victim Support, offering emotional support to people who had been victims of crime or who were due to appear as a witness in court. I saw first-hand how people could benefit from being listened to without judgement when they were at a vulnerable point in their life. I relished the opportunity to learn more about the PCE approach and enjoyed the training so much that it seemed a natural and comfortable choice for me to take this forward into a career as a counsellor. I continued with my training placement after qualifying, which was based at the Family Support Centre in the Manchester Royal Infirmary. I enjoyed the work there and saw how clients responded positively to the person-centred approach as they tried to process their painful feelings of grief, loss, and trauma. I enjoy my current role, working with children, young people, and adults in schools across Greater Manchester and Lancashire. It is varied, challenging, and rewarding and I feel that I am able to use my natural personal qualities to demonstrate warmth, honesty, and empathy towards the clients that I meet. I have embraced the opportunity to branch out into private practice and I feel that this has presented a fresh and positive moment for me to develop the career that I love.

How I work as a Counsellor/Psychotherapist	I always aim to help clients to feel welcome, as I recognise that taking the first steps to accessing therapy can be daunting. I work according to the person-centred model of therapy, so I will encourage clients to bring any aspect of their life and story to the process that they feel comfortable with, and to do this in their own time. I feel that this would be the start of building a safe, genuine, and supportive relationship with the client, which would then allow them the space to focus on their present situation and feelings. I aim to understand the client's story by asking appropriate open questions and using reflection and paraphrasing to ensure that I have understood their point of view and to show the client that I have listened with my complete attention. I offer a non-judgemental, warm, empathetic, and understanding approach to the client and to the situation that they bring to counselling. I cannot offer a magic wand! There may be times when the sessions are challenging as the client explores painful experiences or makes difficult choices. But I aim to support clients through the emotions they are finding difficult by walking alongside them and encouraging them to reflect and understand their process. My aim in doing this is facilitate their movement through their life experience at that present moment and to help them to frame their future goals and hopes in a way that feels comfortable for them.
Any other information	I qualified in 2012 and have gained considerable experience since then working with adults and young people on issues including grief and loss, trauma, self-harm, domestic abuse, anxiety, and depression. I have monthly supervision
Additional Notes on Fees	Further information on concessions for individual circumstances can be discussed. There is no cancellation fee if more than 24 hours' notice is given or if the appointment is rearranged. The full fee is payable if notice is given less than 24 hours before the appointment. I offer a 30-minute introductory session at no charge for the client to see if the counselling process is right for them and to see if we can work together.

Cathy Macbeth

Name	Cathy Macbeth
Address	Skelmersdale, WN8
Telephone/Mobile *(please include the hours in which you can be contacted)*	01695 735689 0786 4074684 contact any time on either number
Email	cathy@cathymacbethcounselling.co.uk
Website	www.cathymacbethcounselling.co.uk
Relevant qualifications	Advanced Diploma in Integrative Counselling (BACP Accredited)
Year of experience	Over 7 years since qualification.
Current membership of professional body	Registered BACP member no 606212
Why I work as a Counsellor/Psychotherapist	Having experienced many personal benefits of counselling myself, and with extensive training, I now feel that I have the empathy and understanding necessary to work as a counsellor, and enable others to be supported, heard, and validated no matter what challenges or difficulties they may be facing. The philosophy that fires my enthusiasm is that I believe that every individual has the capacity to grow and reach their full potential. I like to help my clients to uncover, and make the most of, their strengths so that they can achieve greater happiness and balance in their lives.
How I work as a Counsellor/Psychotherapist	I am an integrative counsellor with a strong Humanistic approach; while the basis of my work is person-centred, I have the training to utilise approaches such as Transactional Analysis, creative art therapies (such as sand tray or miniature model work), grounding and relaxation techniques, and Emotional Freedom Technique ("tapping") if appropriate, to enable more in-depth awareness of Self and growth.
Any other information	I have over 25 years' experience of meditation and have found this to be an invaluable coping mechanism for both myself and my clients.
Additional Notes on Fees	The fee includes any necessary paperwork. The full fee is payable in the event of non-attendance or cancellation with less than 24 hours' notice (unless in emergencies). I offer an initial half-price session for prospective clients.

Cecile Buckenmeyer

Name	Cecile Buckenmeyer
Address	Lancaster LA1
Telephone/Mobile *(please include the hours in which you can be contacted)*	01524 903012 (I am not able to answer this number at the moment / during the pandemic) 0790 362 5880 (only for the use of University staff. I do not share this number publicly)
Email	mail@cecilebuckenmeyer.co.uk
Website	www.cecilebuckenmeyer.co.uk
Relevant qualifications	Diploma, Analytical Psychology (2015, C.G. Jung Institute, Zürich) Postgraduate Diploma in Coaching Psychology (Leeds Metropolitan University, 2008) MSc in Psychodynamics of Human Development (2003, Birkbeck College, University of London & British Association of Psychotherapists)
Years of experience	8 years (including 3 years during training)
Current membership of professional body	UKCP (full Clinical Member, registration number 2011166047) IAAP (International Association for Analytical Psychology) AGAP (Association of Graduate Analytical Psychologists) IGAP (Independent Group of Analytical Psychologists, London)
Why I work as a Counsellor/Psychotherapist	I had an interest in Jungian psychology since I was in my twenties. I worked in the recruitment industry and as a cross-cultural advisor, in Japan, the USA and the UK until my life circumstances allowed me to start my training. I anchor my practice in my own inner work and life experience – having worked in business, lived in different countries and generally tried to understand what it is to 'be myself'. I believe that therapy is a mutual process where together with clients, we look for a way out of the storms, the darkness and the sticky patches that would otherwise prevent us from experiencing life fully.
How I work as a Counsellor/Psychotherapist	Jungian analysis is the form of psychotherapy developed by Carl Gustav Jung. C.G. Jung is well known for his ideas about the psychological meaning of dreams, about personality types (which inspired the Myers-Briggs Personality Type) and about the collective unconscious. The psyche works as a whole. What is missing in our conscious life is often activated in our unconscious. As Jungian analysts, we listen to the symbolic language of the unconscious, expressed in dreams, images, emotions and bodily sensations. And we then work with clients to reconcile their conscious attitude with the demands of their unconscious, and of their whole personality.
Any other information	-
Additional Notes on Fees	Sessions can be cancelled at no charge up to 24 hours in advance. I do not charge the initial session unless we agree to work together (it then counts as our first session).

Deborah Bache

Name	Deborah Bache
Address	Southport
Telephone/Mobile *(please include the hours in which you can be contacted)*	Home 01704 570620 8am -10am and 4pm -8pm Mobile and email anytime.
Email	debsbache@hotmail.co.uk
Website	Counselling Directory
Relevant qualifications	BSc with Honours degree (In Professional Counselling) Diploma level 4 (Theories and Practice in Counselling)
Years of experience	Professionally qualified 8 years
Current membership of professional body	Professionally Registered MBACP Registration number is 594367
Why I work as a Counsellor/Psychotherapist	I work to help a person help themselves improve their quality of life. I support a person unconditionally through problematic experiences that may arise in their life, which is out of their control.
How I work as a Counsellor/Psychotherapist	Person Centred (PC) involves one to one counselling. A person can express themselves in a non-judging, unconditional positive regard and empathic way, where everything is private and confidential.
Any other information	I have experience of working with people who have learning difficulties. All is private and confidential. Stage 1 Makaton basic sign language.
Additional Notes on Fees	First session is £10.00, however if the person feels I am not the preferred counsellor there will be no fee charged and the person can opt for another counsellor. There is a 24hr cancellation prior to attending (Bookings of 10 sessions or more first session free).

Debbie Garrett

Name	Debbie Garrett
Address	Pendle BB12
Telephone/Mobile *(please include the hours in which you can be contacted*)	07587217974
Email	debbiegarrett63@icloud.com
Website	
Relevant qualifications	Advanced diploma in counselling Level 7 post graduate clinical supervision Certificate in couples counselling Trauma informed certificate MI and SF certificate NLP level 4
Years of experience	20 years
Current membership of professional body	BACP Registered member 387662
Why I work as a Counsellor/Psychotherapist).	I am a person-centred counsellor fully trained and qualified through clinical practice. I work has a humanistic-existential therapist encompassing Karl Rogers person centred theory and approach. I believe that every person has both the ability and the desire to reach their potential through personal growth and change. I have been a practising therapist for 20 years and have also trained and gained qualifications in other counselling modalities including solution focused motivational interviewing and CBT. I feel person centred is a very effective therapy which I undertake within my counselling practice and work role. I have worked with clients who have presented with a variety of presenting issues, including long term mental health, anxiety low mood and difficulties in relationships. I have worked for a substance misuse service for 11 years and used person centred therapy on clients who have been affected by trauma and addiction.
How I work as a Counsellor/Psychotherapist	I will offer three key qualities of unconditional positive regard, empathy, and congruence. By offering the 3 main core conditions I can convey warmth, understanding empathy and a non-judgemental approach. I truly believe the person-centred approach supports clients to interact with self, others, and life challenges. Rogers model of therapy in which the client is the expert on their own life situation rather than the therapist supports the way I work in a non-directive approach to help facilitate the client's ability to direct their own areas of growth and progress I will work with you to create a therapeutic relationship that will challenge you in a non- aggressive way, that will allow you to gain valuable personal insight in an environment where you will feel comfortable to talk freely and at your own pace, and where you will be listened to and I will offer you warmth and empathy. I will create an environment that facilitates the process of self -awareness by being non-directive allowing you to focus on the therapy session without offering or giving advice.

Any other information	I will commit to you. A safe and confidential, transparent, and respectful space. I promise to work around your own individual need and personal frame of reference. A two -way process where you can feel change developing in the “space “between us. Clear boundaries including a written agreed counselling contract
Additional Notes on Fees	Cancellation: you will be charged in full for the missed session. I offer a free 30-minute initial discovery session to get to know each other and for you to ask any questions and to find out if we both feel comfortable working with each other. I will also discuss my counselling contact.

Donna Hendricks

Name	Donna Hendricks
Address	Preston, Lancashire PR4
Telephone/Mobile *(please include the hours in which you can be contacted)*	01772 816796/07375 664494 Mon 2-5; Wed 10-12; Thurs 9-10; Fri 9-11
Email	dhendrickstherapy@gmail.com
Website	I am listed on Counselling Directory – Donna Hendricks
Relevant qualifications	BA(Hons) Counselling; Currently approaching the end of Year 2 or 3-year MSc in CBT (also includes 3rd wave approaches)
Years of experience	10
Current membership of professional body	MBACP – On professional register, registration number 31894.
Why I work as a Counsellor/Psychotherapist	I work as a psychotherapist because I have never experienced greater satisfaction in any other role. It is far more than a work role to me. Every day I experience the honour of being entrusted with a stranger's most personal and distressing experience. I find that together we discover what is means to be accepted, respected, prized. In return we both learn, grow and change.
How I work as a Counsellor/Psychotherapist	I work very much from the assumption that I am not an expert in the client's difficulties, working hard to gain insight into the lived experience of the other. This means that I'll be respectfully curious, tentatively checking my understanding of your world. I offer acceptance, a non-judgmental and honest relationship which I believe is challenging and rewarding. I may administer standard outcome measures depending on presenting difficulties.
Any other information	Although I am currently studying MSc in CBT, I have found that my private work is integrative, drawing from CPD and supporting people with various emotional and mental health difficulties. This has enabled me to offer therapy that is both creative and innovative.
Additional Notes on Fees	24 hours' cancellation notice – no fee charged. No notice cancellation (DNA) fee £20. Two consecutive DNA results in termination of the therapy agreement. If late (>15 minutes), considered DNA. Free 30- minute introductory session. ***This is not a therapy session***

Isabelle Chefdor

Name	Isabelle Chefdor
Address	Eccles M30
Telephone/Mobile *(please include the hours in which you can be contacted)*	07305 920437 I can be contacted any time. Please leave a message and I will ring you back.
Email	121counselling@mail.com
Website *(if applicable).*	https://g.page/121counselling-salford?gm
Relevant qualifications	ABC Diploma in counselling
Years of experience	12 years
Current membership of professional body	I am a member of the BACP
Why I work as a Counsellor/Psychotherapist	I am committed to my role as a counsellor as I am passionate about wanting to help others. I have a sense of achievement and pride when I see people growing, being empowered and able to make changes in their best interests. To be part of the clients' journey and witnessing them reach their full potential, becoming their true self, is beyond excitement and I feel pride seeing them finding themselves. I believe counselling makes a big impact on people's lives, particularly when faced with challenging times or going through tough situations. I myself had the privilege of having counselling during my counselling studies and I recognised the value of it: how much the process of counselling can be healing, and it enabled me to feel the emotions and to accept them.
How I work as a Counsellor/Psychotherapist	I have a genuine curiosity to understand the client therefore it is important for me to know about the client's background, values, and beliefs. I facilitate the client's process to help them find their own strategies to deal with their own issues, feelings, behaviour, and worldview which will empower them in their self-awareness, self-acceptance, and growth. I believe in the benefit of providing therapy on a longer-term basis to maximise personal growth/personal development as this approach works well in my private practice, but I am also able to work on a shorter timescale as I do in my NHS work.
Any other information	Within the NHS, I work with students mainly from Salford University and support them within their placement. In my private practice, I have students, also from Salford university, who need to have personal therapy. At present, I offer zoom, WhatsApp and telephone sessions.
Additional Notes on Fees	An important aspect of counselling is building a supportive relationship based on trust. Therefore, I offer a free 30 minutes over the phone or video link. Cancellation within 24 hours prior to the booked session will incur the full fee payment. I am flexible with days and times of appointments.

Jon Chapman

Name	Jon Chapman
Address	Cambridge CB1
Telephone/Mobile *(please include the hours in which you can be contacted)*	01223 474134 9am-6pm 07941 692793 9am-6pm
Email	jon.chapman@raphaeluk.com
Website *(if applicable).*	www.number42.org.uk
Relevant qualifications	Diploma in Body Psychotherapy Cambridge Centre For Body Psychotherapy, UK (CBPC) Certified Pesso Boyden Therapist The Psychomotor Institute, USA
Years of experience	Practising since 2008
Current membership of professional body	Registered as a psychotherapist with UKCP Member of UKCP's Humanistic Integrative Psychology college via CBPC.
Why I work as a Counsellor/Psychotherapist	After a varied career in publishing, consultancy, and business I found myself interest increasingly drawn towards the psychological difficulties individuals encounter in life that affect their work and home life. This led me to explore trainings in different therapeutic modalities broadly based on the body- mind relationship. In 2003 I decided to leave full time work and build a career in working with individuals and organisations as a coach and leadership consultant, which in turn led me to a deeper interest in longer-term therapeutic interventions, which I find more fulfilling.
How I work as a Counsellor/Psychotherapist	I work with the interaction of thought (mind), affect (emotion) and sensation (body) to identify and explore the conscious and unconscious patterns with which we engage the world and others. I use a variety of embodied and creative techniques to generate integrated 'antidote' experiences which provide positive alternatives to old ways of thinking and acting. I work with the imagination, with symbols and objects, and with physical movement, and breath.
Any other information	-
Additional Notes on Fees	I normally require 48 hours no4ce of cancellation. I offer a short introductory conversation at no charge.

Jackie Beattie

Name	Jackie Beattie
Address	Aughton L39
Telephone/Mobile *(please include the hours in which you can be contacted*	07970 546 927 Available office hours but any messages left are responded to within 24hrs
Email	Jackie@talkingpoint-therapy.co.uk
Website	www.talkingpoint-therapy.co.uk
Relevant qualifications	Advanced Diploma in Relationship therapy Certificate in Person-Centred Counselling MSc in CBT
Years of experience	7 years
Current membership of professional body	Accredited BACP (676974) Member BABCP (101265)
Why I work as a Counsellor/Psychotherapist	My initial motivation to work in the counselling profession was very much one of vocation and a strong sense that it was the right work for me. Since training and qualifying I am constantly reminded of how much I love my job by the immense sense of satisfaction that I gain in helping people to understand their issues and to move forward. It is a privilege to be allowed into my clients' lives, often at their most vulnerable times and to work alongside them to move forward.
How I work as a Counsellor/Psychotherapist	I work in a collaborative way with my clients where trust, confidentiality and empathy are always present, supported by an appropriate ethical framework. My counselling is always underpinned by the idea that it isn't the events that happen in our lives but the meaning that is attached to them. By working in an experiential way with my clients I enable them to understand what is going on in their lives so allowing change and growth.
Any other information	Please see my informative website for further information about my practice www.talkingpoint-therapy.co.uk
Additional Notes on Fees	Cancellation notice of 24 hours is required. A free no obligation introductory session of 30 mins is offered

Linzy Boden

Name	Linzy Boden
Address	Liverpool L25
Telephone/Mobile *(please include the hours in which you can be contacted*	07811581786
Email	linzy.boden@sky.com
Website	https://www.counselling-directory.org.uk/counsellors/linzy-boden
Relevant qualifications	Level 4 & 5 Diplomas in Therapeutic Counselling Level 5 Diploma In Clinical Supervision Level 5 Diploma in Teaching
Year of experience	13 years
Current membership of professional body	BACP
Why I work as a Counsellor/Psychotherapist	I have supported students with their personal counselling for many years, as well as teaching counselling up to and including diploma level and I currently own a training school. I feel personal counselling is an integral part of training to be a therapist, as it enables students not only to experience the therapeutic process from the perspective of the client, but also to ensure any unresolved issues that may impact on any limitation that could hinder their work with potential clients.
How I work as a Counsellor/Psychotherapist	I am an integrated therapist, which means I have an in- depth knowledge of various therapeutical models. I feel this integrated approach is beneficial to clients as I feel each client is individual with unique needs, and that an integrated approach can support on many levels. I honour and respect each student's theoretical approach and adapt my work with them to suit.
Any other information	I have trained Person Centred and I teach Person Centred unto and including Diploma level. I feel this qualifies me to have an in-depth knowledge of this theoretical approach. I also believe that I practice the Rogerian core conditions in all aspects of my personal and professional life.
Additional Notes on Fees	I offer concessions to those who are unwaged. I do not offer free sessions and will charge for a session if it is missed without prior notice.

Luke Stephenson

Name	Luke Stevenson
Address	Liverpool, L1
Telephone/Mobile *(please include the hours in which you can be contacted*	07498982269
Email	Lukewstevenson@Gmail.com
Website	www.stevensonspsychotherapyandcounselling.co.uk
Relevant qualifications	MA Dance Movement Psychotherapy
Years of experience	6 Years
Current membership of professional body	UK Association for Humanistic Psychology Practitioners (UKAHPP) – Psychological therapist Association For Dance Movement Psychotherapy U (ADMP) - Psychotherapist
Why I work as a Counsellor/Psychotherapist	I believe that the person-centred experience (PCE) allows my clients to fully explore the areas that they are finding difficult in their lives. I have found in my experience that by working within a PCE modality it gives the client a non-judgmental space to build a stronger understanding of their own needs and how to develop the work to best support them. Working in this way allows my clients the freedom for their perspectives to organically change and work towards a fuller understanding of where the difficulties have developed and as such overcome them.
How I work as a Counsellor/Psychotherapist	I am a somatic-focused psychotherapist who has been working in the mental health sector since 2016. I hold a strong belief in working with bodily held emotions and memories, making use of authentic movement exploration and the use of creative tasks, such as drawing / object relational projection etc. to support the therapeutic process of the client. My style is to work in a creative and person-centred approach to developing a space that is unique for each client and as such fits their individual needs. I work in an integrative manner drawing from my experience of being a somatic movement artist, a person-centred therapist and from working in services that secure their funding via Routine Outcome Measures (ROMs) working models. This has given me a wide range of knowledge to draw from to best support my clients. Along with my personal interests and study of KMP, polyvagal theory and transactional analysis. I support my clients to explore the unconscious process of subtle developmental movements which can help them to find new insights on the focus of their therapeutic work. I am experienced in a wide range of client needs, which spans from low-level anxiety to high intensity PTSD. My focus is to support my clients to engage in the present to reach their full potential.
Any other information	For a more in-depth look at my historic work and experience or to ask any question please visit my website.
Additional Notes on Fees	Full fee payment needs to be paid unless the client gives 48 hours' notice of the cancellation. I do offer a free introductory meeting.

The information within this handbook is correct at the time going to print. Should you notice any discrepancies, please contact AskAHSW@edgehill.ac.uk

Ellen Daly

Name	Ellen Daly
Address	Standish, Wigan,
Telephone/Mobile *(please include the hours in which you can be contacted)*	07805584379 8.00 am - 9.00 pm
Email	Ellen.d@btinternet.com
Website ***(if applicable).***	https://www.counselling-directory.org.uk/counsellor_21351.html
Relevant qualifications	Diploma in Counselling (Person-centred); Post-graduate Diploma in Counselling; Post-graduate Diploma in Counselling Studies; CRUSE training in Bereavement Counselling; Certificate in Person-Centred Expressive Therapy; Certificate in Mindfulness Based Stress Reduction; Diploma in Cognitive Behavioral Therapy; Diploma in Counselling Supervision. In addition to these qualifications, I regularly attend specialist training courses, workshops, and conferences, as part of my continuing professional development. I am a Registered and Accredited member of the British Association of Counselling and Psychotherapy and adhere to their code of conduct and ethics.
Year of experience	I qualified in 1998.
Current membership of professional body	I am a Registered and Accredited member of the British Association of Counselling and Psychotherapy and adhere to their code of conduct and ethics
Why I work as a Counsellor/Psychotherapist	I feel fortunate to love what I do, and I think the years doing this work, have only increased that feeling. It is a privilege to be part of a client's process and share some of the intense, often painful, always emotional moments of realisation, catharsis, and growth. I think, fundamentally, person-centred counselling works for most people and to be able to offer something which helps clients know themselves and truly connect to themselves at a deeper level always motivates me. Counselling can be challenging but is always rewarding. There is simply no other work I would want to do.
How I work as a Counsellor/Psychotherapist	I am a person-centred counsellor with twenty years' experience. I work with the core conditions and am ready to be with the client in their moment to moment experiencing. In addition to the core conditions, I believe I offer an authenticity, humility, humour when appropriate and natural, relaxed presence which assists the creation of a sound therapeutic alliance. For those students interested, and it is always completely optional, I also offer working therapeutically with art materials
Any other information	I am also a Counselling Supervisor
Additional Notes on Fees	I can be flexible with fee for those on low incomes. I offer a free initial meeting. Cancellations are acceptable, but non-attendance without notice will be charged full fee.

Joan Edge

Name	Joan Edge
Address	Prenton, Wirral
Telephone/Mobile *(please include the hours in which you can be contacted*	0151 364 1695 07561328522 Contact: Phone 9am to 6pm weekdays except in emergency or by arrangement. Text as above. Email any time weekdays.
Email .	joan4489uk@yahoo.co.uk
Website	Refer to BACP
Relevant qualifications	Diploma in Counselling (BACP Accredited course) CBT Certified. Counselling Supervision Training 2008
Year of experience	Over 12 years work as a therapist.
Current membership of professional body	Member BACP 544542 On BACP Register
Why I work as a Counsellor/Psychotherapist	I work as a Counsellor because I believe when an effective relationship is created at the right time for both participants counselling can make a positive difference to the person we are working with. I care about counselling both personally and professionally which makes my job very worthwhile to me. Interest in how we relate to each other and our environment in all contexts continues to excite me.
How I work as a Counsellor/Psychotherapist	As a Counsellor I work instinctively. Professionally I am guided by the BACP code of ethics. Instinctively I listen and seek to build a trusting relationship that moves with your needs. Feelings are core to that work utilising the experiential possibilities of therapy that allow a wider exploration of where feelings emerge acknowledging and staying with those feelings using the energy to build the capacity to understand, create choices, and let go when appropriate.
Any other information	I am predominantly a person-centred therapist. I work instinctively and experientially to facilitate clients in accessing and expressing emotion. I work with immediacy, catching a 'sense of' the experience and work reflectively with this process.
Additional Notes on Fees	As my fees are competitive, I do not offer a free introductory session but am happy to have a phone conversation to inform and clarify prior to initial meeting. There is no fee with 48hrs notice of cancellation except in emergency circumstances, if less than this 50% fee is requested.

Joanne Henry

Name	Joanne Henry
Address	Parbold, WN8
Telephone/Mobile	07412679881 Monday- Saturday 9-7pm
Email *(if you would like to make this available to students).*	Jlhcounsellingservice@gmail.com
Website *(if applicable).*	NA
Relevant qualifications	BSC HONS Counselling & Psychotherapy- 2018
Years of experience	5
Current membership of professional body	BACP Registered member
Why I work as a Counsellor/Psychotherapist	I trained to become a Person-Centred Experiential therapist following my own journey of counselling and experience of mental health within my family. This left me with a passion to want to help others and a keen ear to listen and be with another in their pain. I have worked in many supportive/ caring roles and the step to become a counsellor followed my work experience in supporting individuals with variety of complex needs. I am a natural helper and my counselling training journey supported me to develop the necessary skills to become an effective Person-Centred Experiential counsellor. I feel I have developed my 'way of being' as a person and as counsellor and the core conditions of Empathy, Congruence and Unconditional positive regard are an important part of who I am. I feel passionate about wanting to help others on their journey and I find it extremely rewarding to be able to support my clients through the counselling process.
How I work as a Counsellor/Psychotherapist	I currently have my own small private practice where I work with clients offering Person-Centred Experiential Psychotherapy. I work experientially with clients and offer the use of a range of ways of working including verbal, written, a range of art materials, clay, music, and I can also offer walk and talk therapy. I work with an experiential focus to enable clients to connect with their 'here and now experience' when processing feelings and experiences. I also work with an emotion focus encouraging clients to access, connect and deeply experience their feelings. The therapeutic relationship is of most significance when working with clients and my ability to offer the core conditions of Empathy, Congruence and Unconditional positive regard are integral to my practice. I also hold a PCGE in Teaching and Teach across level 3- level 6 in Degree in Counselling & Psychotherapy. I am a curriculum leader at a training establishment. The teaching and learning focus is of an experiential nature. I also work Counselling children and young people in a Primary School. The work with young people is primarily creative expressive arts and play therapy and is entirely experiential in its nature. I find the work I do with children and young people enjoyable and rewarding.
Any other information	-
Additional Notes on Fees	Please note: Where possible I require a minimum of 24 hours' notice for cancellation of session. If notice is less, then the session will be charged at £20

Heather Greenbank

Name	Heather Greenbank
Address	Manchester M21
Telephone/Mobile *(please include hours in which you can be contacted)*	07961 176683 9am to 7pm
Email	heathergreenbank@hushmail.com
Website	www.northernlightcounselling.co.uk
How many years since qualified as a counsellor?	Since 1998
Theoretical orientation of client work	I'm a humanistic integrative therapist, with a person-centred core.
Experience of using or training in creative/expressive methods	As part of my Diploma in Counselling, in 1997 I attended a weekend residential training with Dinah Brown, who trained with Natalie Roger and I've also had some one-to-one sessions with Dinah, studying creative writing. I was lucky enough to go to a training event with Natalie Rogers – which was very inspiring! I've attended various creative mindful arts workshops over the years, and various mindful photography workshops, including a mindful photography retreat. I'm also a musician and songwriter and have used this to invite clients to express themselves musically in our sessions. On a personal level, I had art therapy for years and keep an art journal as well as a written journal. I'm also a qualified mindfulness teacher – and one element of our courses is mindful movement, so I'm interested in movement as a means of expression. In my counselling work, I offer clients to use miniatures, drawing, collage-making and music if they would like to try any of these approaches.
Relevant qualifications	Certificate in Counselling – 1996 *Advanced Diploma in Therapeutic Counselling 1998 *Diploma in Casework Supervision 2002 *Certificate in Mindfulness Teaching 2014 *Certificate in Compassion Fatigue Teaching 2016*University Module in Compassion Focused Therapy 2019 *Accreditation in Mindfulness training 2019
Current Membership of professional body	I am a registered and accredited member of the BACP
Why I work as a Counsellor	I trained as a therapist after having counselling at a difficult time in my life – and having therapy made such a difference to me that I wanted to go on and learn the skills so that I could offer them to others. Now I offer humanistic, relational and integrative therapy in Manchester to people who feel they'd like to look at their issues with support and ultimately to understand themselves better. To put it in a nutshell – I believe in it!
How I work as a Counsellor	I work from a person-centred core and along the way over the last 23 years, I've become interested in different approaches such as Expressive Therapy, TA, Gestalt, Existential Therapy and Mindfulness. I now integrate these into my work wherever it feels right. I invite clients to use expressive methods like using miniatures / objects, drawing, singing (I have a guitar available if clients would like to use it) or people can make collages if they wish. Whatever someone chooses to express, we explore it together with a gentle curiosity when they feel ready to.
Any other information	I work from a comfortable, first-floor room in a residential area in South Manchester, which is 10 minutes' walk from the nearest tram-stop and 5 minutes' walk from the nearest bus-stop.
Additional Notes on Fees	I offer a free 20-30-minute introductory session, which can be arranged after we have a short phone-call. I ask for 24 hours' notice of cancellations. If this can't be met, I ask people to meet the cost of the unfilled session.

Jane Mary Payton

Name	Jane Mary Payton **NB: students who have (or intend to have) their placement at the SWAN centre and/or JHD would not be able to have Jane as their supervisor (or as their therapist, as they would already have a therapeutic relationship with her, which would also potentially be a dual relationship**
Address	Formby,
Telephone/Mobile *(please include the hours in which you can be contacted*	07752244503
Email	paytonjanemary@gmail.com
Website *(if applicable).*	NA
Relevant qualifications	Diploma in Person Centred Counselling ABC Awards Diploma in Casework Supervision ABC Awards
Years of experience	I have been a counsellor for 12 years.
Current membership of professional body	Registered Member of BACP
Why I work as a Counsellor/Psychotherapist	Working as a Counsellor from a Humanistic approach reflects my belief in respecting and valuing everyone as an individual with autonomy and the ability to develop themselves and reach their potential. This has grown from my work as a Higher-Level Teaching Assistant working with pupils with SEND in a local high school. As a counsellor, I aim to develop a trusting relationship with clients, to put them at their ease so they feel comfortable and relaxed. I work with unconditional positive regard and congruence helping clients to feel valued and safe. By working empathically, I help clients to explore feelings and experiences, working within their frame of reference, by trying to walk in their shoes. I feel it is a privilege to work as a Person-Centred Counsellor and I understand that counselling can often be very challenging for clients, I consider it an honour to work alongside them while they explore the issues they bring into the counselling room.
How I work as a Counsellor/Psychotherapist	I have worked as a Person-Centred Counsellor at a women's centre for 10 years in a voluntary and employed capacity. As well as being a counsellor, I assist the Counselling Coordinator in running the counselling service. I see clients for their initial 'listening' appointment when they can discuss having counselling. I support placement counsellors and will assist with any problems or safeguarding issues that may arise. I am also a coordinator for the Therapeutic Allotment Project at the Swan Centre. I am a Horticultural Therapist, using gardening as therapy. This can be an effective way of working with clients in a Person-Centred way. I work alongside clients, often one to one, this gives them an opportunity to talk about their problems in a less formal environment. Some clients would find it difficult to sit in a room with a counsellor, where eye contact may be uncomfortable, but feel more at ease outside in the fresh air surrounded by nature. This has been a particularly valuable and successful way to work with clients

	whose first language is not English, many feelings and emotions can be engaged by working with horticulture.
Any other information	I am experienced in working with clients with Asperger's and ASD, mild learning difficulties, ADHD. Working in a mainstream school with pupils with special educational needs and disabilities helps me to work in a flexible and adaptable way. Working in a supporting role, has given me skills that are complementary to counselling. I am a young person's counsellor at the Swan Centre in a voluntary capacity. I work as a young person's counsellor for 'Stopbreathethink' with JHD Counselling.
Additional Notes on Fees	Please give 24 hours' notice for cancellation, but if you DNA or cancel within 24 hours, you will be charged for your session. I offer the first session as a free introductory session.

Paula Gosling

Name	Paula Gosling
Address	Liverpool L2
Telephone/Mobile *(please include the hours in which you can be contacted)*	07940997445
Email	goslingp60@outlook.com
Website *(if applicable).*	https://www.goslingcounselling.co.uk/
Relevant qualifications	2017 Level 5 Diploma Course Working with Sexual Addiction (CPCAB) 2015 Level 5 Diploma in Cognitive Behavioural Therapeutic Skills &Theory CPCAB 2013 Level 4 Diploma in Therapeutic Counselling (CPCAB) (2015)
Year of experience	25 years
Current membership of professional body	British Association Counselling & Psychotherapy. (BACP) British Association for Behavioural & Cognitive Psychotherapies. (BABCP) Yes, I am included on the register
Why I work as a Counsellor/Psychotherapist	I work as a Counsellor supporting clients to work subjectively. I am congruent, non-judgemental and value every client as an individual. This is vital in helping my clients to feel accepted, in order to understand their personal feelings. Exploring their sense of self-worth enabling them to reach their goals.
How I work as a Counsellor/Psychotherapist	I work using a non-direct approach of person-centred counselling proving this method to be more beneficial to clients who have a strong urge to explore themselves and their feelings. As clients have the power to live to their own organismic valuing process. I encourage them to trust their own judgement, own values. This therapeutic relationship is built, while we work together to understand what is important.
Any other information	I am here to listen not give advice or solve problems. I will help you to understand yourself better and make positive changes in your life. If the client has any questions regarding counselling, please as before commencing sessions. Horton House caters for all abilities.
Additional Notes on Fees	48 hours cancellation or full payment for a booked session. 1st contact either face to face or phone call is free.

Mandy Harris

Name	Mandy Harris
Address	Standish, Wigan WN6
Telephone/Mobile	07947 897964
Email	mandy@wigancounsellor.com
Website *(if applicable).*	N/A
Relevant qualifications	Diploma (HE) Counselling BA (Hons) Person Centred Studies Professional Certificate in Individual Supervision of Counsellors and Psychotherapists
Year of experience	Over 8 years.
Current membership of professional body	BACP Registered and Accredited
Why I work as a Counsellor/Psychotherapist	Receiving counselling at the most difficult time in my life had a very positive and profound effect on me, and the life choices I have made since. So much so, that I re-trained, changing my career to become a counsellor, to provide this support for others. So, I have experience both of being a client and the challenging transition involved to become a counsellor; what an emotional journey it undoubtedly is for all of us. I consider it a privilege to be given the opportunity to counsel others, one I find both challenging and rewarding.
How I work as a Counsellor/Psychotherapist	I have my own dedicated therapy room, offering a safe space in which we can attend to, explore, and process your difficulties together, whatever these may be, in a climate of empathy, acceptance, openness and respect. Particularly supporting you to attend to your inner experiencing, working with the 'felt sense' to promote self-agency. As a result, you may decide to make changes and/or re-evaluate your situation. My core approach is person centred and I am trained in an experiential model of therapy. I have integrated additional training on trauma, attachment, and mindfulness into my practice (which were studied as part of my degree in person centred studies), these further inform my person-centred practice. I have several years counselling experience, during which time I have worked in several settings including: The NHS, Social Care, Social Enterprise and Private Practice. I have particular experience of working with bereavement and loss, parenting, trauma (including PTSD), relationship problems and break-down, stress, depression and anxiety. I have worked with clients on a both short-term time limited and longer-term basis. I have also worked: - as a group facilitator for a social enterprise, supporting those affected by pre/post-natal depression.
Any other information	**I have undertaken additional training to work with:** Grief and loss Suicide and Self Harm Children and Young People Pre/post-natal depression Safeguarding Children and Young People Safeguarding Vulnerable Adults If you have any questions, please call or email and I'll be happy to answer them.
Additional Notes on Fees	**I offer an initial 30-minute free appointment (without obligation) when you can come along and meet me and** we can discuss your counselling requirements. When cancelling/re-arranging appointments, I ask for as much notice as possible with a minimum of 24 hours.

Nicky Scott

Name	Nicky Scott
Address	Wigan WN3
Telephone/Mobile *(please include the hours in which you can be contacted)*	07946 390604 evenings and Fridays.
Email	Nicks1ab@yahoo.co.uk
Website ***(if applicable).***	N/A
Relevant qualifications	Advanced Diploma in Person-Centred Counselling Diploma in Supervision Fieldwork (person-centred orientation)
Year of experience	Over 10 years' experience
Current membership of professional body	BACP
Why I work as a Counsellor/Psychotherapist	I am completely passionate about working with individuals and couples to help them work through their feelings and experiences. I believe this is my vocation not a job, and I believe it's the relationship between counsellor and client that facilitates a profound level of healing.
How I work as a Counsellor/Psychotherapist	I am trained in person-centred therapy, so I believe that the client has the answers and power within them to find the healing and answers they are looking for. I do however believe as a counsellor that it is my role to help the client identify and honour those experiences and feelings. I am passionate about inner child work and use that regularly in my practise if the client feels issues stem back to their childhood.
Any other information	I have also worked in a domestic violence setting for 11 years and have significant experience in child abuse, and domestic violence.
Fees for students	I offer a free half hour or so session. I do not charge for cancellations.

Margaret Heap

Name	Margaret Heap
Address	Accrington, Lancashire
Telephone/Mobile *(please include the hours in which you can be contacted*	07706447509 BETWEEN 10 AM AND 8 PM WEEKDAYS
Email.	enquiries@margaretheap.co.uk
Website.	www.margaretheap.co.uk
Relevant qualifications	A (Hons) Applied Social Studies. 2002 Post Graduate Diploma in professional counselling - 2010 University Cert. Therapeutic Work Children and Adolescents- -2012 Diploma: Counselling Supervision 2013 **BACP** Accreditation 2013 Cert: in understanding and working with sexual abuse 2013 Cert: Working with Couples 2013 Diploma : Neuro Linguistic Programming 2011 Cert: Awareness in Bereavement Care (ABC) 2012 Cert: Licenced Practitioner of IEMT
Year of experience	I qualified in 2010.
Current membership of professional body	BACP Number 00653987
Why I work as a Counsellor/Psychotherapist	I have seen and experienced the power of listening and being listened to, without judgement or fear of criticism and would like to share that experience with others.
How I work as a Counsellor/Psychotherapist	Taken from my contract: I aim to respect you as an individual with autonomy and equally ask that there will be mutual respect within our relationship. I aim to work in a Person Centred environment where everything we do is based upon what is important to you as a person, from your own perspective. I believe that you know what hurts and that you have the capacity to begin a healing process. I hope that I am able to offer you a safe environment in which to explore any issue that is important to you
Additional Notes on Fees	Half hour free introductory session where you can come and meet me in order to ask any questions and see if you feel comfortable enough to work with me. Sessions are charged at a reduced rate for student counsellors. I require at least 24 hours' notice of cancellation; less than 24 hours incurs payment of full fee

Pamela E James

Name	Pamela E James (Prof)
Address	Southport
Telephone/Mobile ***(****please include the hours in which you can be contacted)*	07949 502 161
Email	pamjamesr@aol.com
Website	N/A
Relevant qualifications	Pamela E. James BSc., Cert. Ed., PhD., Dip. Couns. Psy., Cert. C.C. Relate, MBACP, A.F.B.Ps.S. Senior Practitioner on Register of Psychologists specialising in Psychotherapy; Member of the BPS Register of Applied Psychology Practice Supervisors
Year of experience	Over 25 years since qualifying.
Current membership of professional body	British Psychological Society Chartered and Registered with Health ad Care Professions Council: PYL 17337 Member of the British Association for Counselling and Psychotherapy: 504819
Why I work as a Counsellor/Psychotherapist	I have always had a strong interest in facilitating and helping people to fulfil what they see as their potential; to enhance well-being; also a belief in the value of human beings and their personal freedoms.
How I work as a Counsellor/Psychotherapist	Predominantly person –centred and with a humanistic valuing base; integrated also with exploring a person's presenting past (psychodynamic); also a valuing of and working with emotion (feelings) On occasion, the meaning of a person's core beliefs is integrated in; the effect of the person's family system on their frame of reference is explored.
Any other information	I worked in the training of counsellors on the Counselling and Psychotherapy Masters at Liverpool John Moores University for 10 years.
Additional Notes on Fees	Cancellation: if no attendance and no explanation or cancelling 24hours before with no acceptable explanation, may have to pay £15) I offer a free introductory session.

Rachel Johnson

Name	Rachel Johnson
Address	Southport
Telephone/Mobile *(please include the hours in which you can be contacted*	07912177637
Email	Johnsonrachel68@aol.com
Website	N/A
Relevant qualifications	Counselling Diploma 2008 Supervisor 2019
Year of experience	Over ten years since qualifying.
Current membership of professional body	BACP Registered Member 56719
Why I work as a Counsellor/Psychotherapist	I am very passionate about what I do and don't class it as work. For me it's more about my journey being aligned to be in a place I've been destined for. Supporting families in a Children's hospice to heal after the loss of their child is an absolute privilege and honour to be a part of. I love Working therapeutically as a person-centred experiential therapist in a hospice, working to help parents/families re-connect with their heart and soul, rebuilding their own lives to become more in tune with who they truly are, allowing them to be the expert in their own journey. I wholeheartedly feel that supporting families at such a relational depth, holding a space open for the client to explore their own emotional needs is paramount and I love the therapeutic use of myself to tune into the client's world and where they are.
How I work as a Counsellor/Psychotherapist	For me working as a counsellor is about getting to the heart of a client, helping clients make sense of what is going on for them, to find meaning and purpose to their lives. Whilst finding ways to help them to move forward to their desired goals. I have a relaxed warm demeanour and at times may challenge where appropriate. I will be honest open and respectful within our working relationship and provide a safe space for you to explore, whilst making a professional commitment to ensure you feel supported as a person and a professional. Adhering to the BACP Ethical framework at all times. I will support you to become your true self.
Any other information	I am a person with a passion for life, with a heart for people. I am stimulated by working within the family to empowering them to be.
Additional Notes on Fees	Cancellation fee under 24hrs Free introduction session to get to know you and vice versa. Concessions discussed

Samantha Adams

Name	Samantha Adams
Company Name	Counselling Your Way UK
Address	Chesterfield, S41
Telephone/Mobile *(please include hours in which you can be contacted)*	01246 469568 9:30am-7pm Monday – Friday. Please leave a voicemail where necessary and I will call you back.
Email	counsellingyourwayuk@gmail.com
How many years since qualified as a counsellor/supervisor?	13 years qualified as a counsellor (2009). 5 years qualified as a supervisor (2016). 11 years qualified as a counselling trainer (2010).
Theoretical orientation of supervision	I am trained to be a Reflexive Supervisor and use the following models: The Domain of Action (Lang, Little & Cronen 1990) Functions of Supervision (different perspectives) Developmental Models of Supervision Learning Styles (Honey & Mumford 1986) Model of Group Life (Storming & Norming) Ethical Decision Making Model (Jones et al 2000) Authoritative Doubt - Safe Uncertainty (Mason 1993) Johari Window (Luft & Ingram (1955) Reflexivity & Self-Awareness (Burnham 1993) Psychodynamic Approaches Transference & Countertransference The Seven Eyed Supervisor Parallel Processes (Hawkins & Shohet 1989) Approach-Method-Techniques (Burnham 1992) Social Graces (John Burnham) Creative Approaches Remaining Open to the 'Other' (Garcia 1994)
Relevant qualifications	(2021) NCS Accredited Membership Certificate (2016) Relate Qualification: Certificate in Clinical Supervision (level 7) (2019) The Ellesmere Centre for Psychotherapy & Training: Certificate in Therapeutic Work with Children & Young People (2018) Relate: Counselling Using Digital Technology (2011) Relate Certificate: Counselling Young People (2010) NOCN: Group Skills (Theory & Practice) for Trainers (2009) University Advanced Diploma in Relationship Counselling Using Face-to-Face, Telephone & Email Interventions (level 6) (2006) BA (hons) Psychology & Criminology
Current Membership of professional body	MNCS (accred) Reg No: NCS19-10234 Yes, I am included on the Professional Register with the National Counselling Society.

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Why I work as a supervisor	I work as a supervisor because I gain a lot of satisfaction from helping others. This extends from my work with clients to my work with supervisee's. I get a lot of joy from sharing knowledge, encouraging other's and seeing them growth. Being a supervisor has also improved my own confidence and belief in myself. Having the experience of seeing how other practitioners work is incredibly helpful for my own skill set. It helps to keep me grounded and open to different approaches and understandings. Being a supervisor has given me a deeper understanding of safeguarding and working with other organisations to provide a holistic approach to support clients. I believe delivering supervision gives back a lot that helps me in my own practice with clients.
How I work as a supervisor	I can deliver supervision via video-call and phone (where appropriate). I've been told I'm an approachable, positive, and inspiring supervisor. I believe you should feel comfortable enough to share your mistakes with your supervisor so that learning and development can happen, which is why I value being approachable and don't claim to be perfect. I aim to support you to become a reflective practitioner who can reflect on and learn from their practice, including your successes! To help you find alternative perspectives on your client work and practice, and to build your confidence. I see myself as an integrative Counsellor and Supervisor and will therefore share different approaches and ideas with you. I am particularly creative and may encourage this in your practice. I have a lot of experience in using solution focused approaches and single session therapy (particularly in text) which can help draw clients to specifically what they'd like to work on. I may encourage you to think about using different mediums of delivery, or how you may phrase or ask a question. I believe our supervisory relationship is important and involves trust, which I understand takes time to grow and develop. Therefore, I like to pay attention to processes that may be happening between us and welcome transparency. I'm more than happy for you to challenge me, as I hope I will challenge and encourage you.
What I expect from supervisees	I expect supervisees to attend, show up on time and prepare for their supervision. I ask that supervisees send me (in advance) up to date copies of their casework, identifying any safeguarding issues. Along with an agenda for how they'd like to use their supervision session. To explore what supervision means to them and how they'd like it to meet their needs. I expect them to be committed to their learning and be brave enough to observe their own practice and explore their feelings and thinking. To share with me their successes and their mistakes or concerns. I expect them to ask for help, to be transparent and challenge me. To work toward improving our supervisory relationship and building trust. I ask supervisees to not expect me to know everything or be perfect! To give me space and time to consult and research areas I may not be familiar with.
Any other information	I have previously supervised trainees and support them to qualify as well as qualified counsellors and therapists. I have worked as a counselling trainer (2010-2021) for a national counselling organisation where I was considered the digital counselling lead. I am particularly experienced (and have a passion for) counselling in text. I supervised a national service in both synchronous and asynchronous text. The synchronous text service was -drop-in' where I developed a

	thorough understanding of safeguarding and working in a multi-agency approach. I work with young people and children as well as adult individuals and couples. I have experience with relationships, and survivors of sexual abuse.
Additional Notes on Fees	If a supervision session is missed and can be rearranged within the same calendar month, there will be no charge. Where possible, I ask for reasonable notice of cancelation (24 hours) by telephone. If the supervision session is not rearranged within the same calendar month the full cost of the fee will be charged. I don't offer a free introductory session however I'm more than happy to have a video-call/phone conversation to see if I feel like a good fit for the supervisee.

Trish Jolley

Name	Trish Jolley
Address	Southport
Telephone/Mobile *(please include the hours in which you can be contacted*	01704 628535 07972 859 954 Both numbers on answer machine contactable day or evening.
Email	trishjol@sky.com
Website *(if applicable).*	N/A
Relevant qualifications	Dip person centred counselling Adv. Dip person centred play therapy Macmillan Hope facilitator Level 6, Certificate in Supervision
Year of experience	Over 15 years since qualification.
Current membership of professional body	BACP Accredited & Registered 543990 UKRCP Registered 543990
Why I work as a Counsellor/Psychotherapist	I feel it is a privilege to work as a counsellor. I feel that it is a vocation rather than a career. I genuinely enjoy having the skills and ability to help people move forward with their situation. I enjoy working with students, helping them deal with their personal issues as well as handling any difficulties encountered with the often challenging subject matter of a counselling course.
How I work as a Counsellor/Psychotherapist	I work in a Person-centred Approach allowing the client to lead the session. The relationship is of paramount importance, and I feel that a certain degree of trust is built from the initial contact during the very first session. I 'm very genuine and down to earth and will endeavour to empathize with your situation in order to empower you to find your own way. I do have other skills in my toolbox which I shall use, in a person centred manner if appropriate i.e. mindfulness, self-esteem exercises and various expressive therapy skills for when talking proves too difficult. I work from home in a comfortable and private room where we shall not be disturbed.
Any other information	
Additional Notes on Fees	If less than 24 hours' notice given of cancellation the session fee will be payable. I am happy to give a free half hour session to see if we can work together.

Cheryl King

Name	Cheryl King
Address	Penwortham, Preston PR1
Telephone/Mobile *(please include the hours in which you can be contacted*	Tel 01772 742909, Mob 07838 245395 (Weekdays 8am to 8pm)
Email	cherylkingcounselling@yahoo.co.uk
Website	cherylkingcounselling.co.uk
Relevant qualifications	MSc Counselling and Psychotherapy (UCLAN), PG Cert Counselling Supervision (Chester Univ.), PG Cert Counselling and Psychotherapy (UCLAN), Adv Dip Person centred counselling (Preston Coll)
Year of experience	Over 8 years.
Current membership of professional body	BACP Registered Member (number 031831)
Why I work as a Counsellor/Psychotherapist	I work as a counsellor and supervisor in private practice, dealing with a wide range of clients and issues. I have previously counselled in the voluntary sector and worked in Education. I have found counselling to be a challenging, enriching and fulfilling career. I particularly enjoy the challenge of working with and supporting the next generation of counsellors, through counselling or supervising trainee counsellors.
How I work as a Counsellor/Psychotherapist	I am passionate about person centred counselling, which is the core of my training and practice. I have also trained in aspects of other theoretical models, notably CBT, TA and mindfulness, which I draw on in work with certain clients.
Any other information	Please see my website for further information about my experience, areas of interest and ways of working.
Additional Notes on Fees	I offer a 30-minute free initial consultation. My standard contract includes a 72-hour notice of cancellation period.

Dawn Warwick

Name	Dawn Warwick T/A Alternative Approaches
Address	Admin only: 9 Ramsey Road, Warboys, Cambridgeshire PE28 2RW
Telephone/Mobile *(please include the hours in which you can be contacted*	07712759704
Email	alternativeapproachesuk@gmail.com
Website	www.alternativeapproachesuk.com
Relevant qualifications	Accredited Advanced Professional Therapeutic Counsellor Training as: Creative Supervision Advanced Clay Therapy SandPlay Therapy Shinrin Yoku Forest Bathing (Nature Therapy) Animal Assisted Therapy Single Session Therapy Trauma Informed Training
Years of experience	9years Counsellor/2yrs Supervisor
Current membership of professional body	National Counselling Society-On The National Counselling Society's Accredited Register that has been accredited by the Professional Standards
Why I work as a Counsellor/Psychotherapist	From a young age I experienced counselling with counsellors who did more harm than good and it took a long time for me to trust and look for another later on in my life. Now on my own personal journey I have developed my own private practice where I hope to provide an ethical and high-quality counselling support to others so they may have a supportive and helpful experience. With the qualifications and training behind me I hope to provide trainee counsellors the chance to experience counselling in a way that will bring not only be a good therapeutic experience to help them grow and develop personally but also one which will present a positive role model for them too. I feel it is an honour to support trainees on their pathway to counselling and a journey that is a privilege to be a part of.

How I work as a Counsellor/Psychotherapist	I work as a creative therapist and in therapy sessions this may include methods such as storytelling, drawing, use of clay, sandtray, role-playing, letter-writing, and the use of colours and shapes dependant on clients' needs and wishes. I work person centered and help the trainee counsellor as a client to explore what they are experiencing in a manner that will help them find the answers within to support healing; letting go; or just having the chance to offload and lessen the stress levels of modern pressures and explore self-care. Sessions take place in a safe space to allow reflection and expression and I do this creatively to help explore other perspectives; to develop deeper self-awareness and knowledge of self; to develop skills to cope better; to help the client to live a more fulfilled and happier life, all in a non-judgemental manner. Counselling is offered in a playful creative manner, one which nurtures and supports, it is gentle yet works at a deep sub-conscious level. It provides an enjoyable opportunity to help cut through the dialogue that can sometimes cause blocks for the client and helps explore sub-consciously the elements that are coming into the sessions that may not always be so obvious with talking therapy. It helps explore the client's needs from a different perspective and helps delve deeper in reflection and expression. This way of working also supports growth and development by gaining new skills that are transferable to the counselling room with clients. I also regularly review how the client feels about their personal progress and look at the focus of work being carried out to see if this is still heading in the right direction for the client and help them process the changes that may have occurred within the sessions. There is an initial session where we ensure the fit of therapist and client is right for both parties; boundaries; focus of work and desired outcomes are discussed and an agreement and contract completed.
Any other information	I truly believe that clients have the answers inside themselves and with this knowledge feel that by supporting my clients to look inside for this they can have a more sustained therapeutic experience with skills and strategies that will see them empowered to work through their future challenges and support their own clients as a result of their own experiences too.
Additional Notes on Fees	Payment to be made in full if cancellation under 24hours notice; cancellations more than 24hours notice not changed and will be rescheduled as soon as possible I offer a free initial meeting and greet session (approx. 30 mins) which allows potential clients the chance to see if the fit between myself and them feels right as I feel it is important that both feel the relationship is a good fit.

Rochelle M Knee-Copnall

Name	Rochelle M Knee-Copnall
Address	Birkdale, Southport PR8
Telephone/Mobile *(please include the hours in which you can be contacted*	07751335976 Monday to Friday 9am - 5pm
Email	r.knee@talk21.com
Website.	N/A
Relevant qualifications	Wpf Advanced Diploma in Psychotherapy/Counselling. Certificate in Person Centered Counselling. Advanced Dip included Brief Therapy. CBT training with Dr. Padesky.
Year of experience	Over 12 years
Current membership of professional body	BACP Accredited Member 551349. UKRCP registered. BACP register
Why I work as a Counsellor/Psychotherapist	I work as a counsellor as I spent over 10 years in personal therapy and find it incredibly rewarding and helps me to continue to grow as a person. I don't really consider it work but more a vocation.
How I work as a Counsellor/Psychotherapist	I work in different ways depending on what a client brings to counselling and their requirements. In an Experiential model I see my role to elucidate what might be getting in the way of a client functioning in a better way. Hopefully allowing the client to accept and experience all of themselves and get a sense of what is happening.
Any other information	
Additional Notes on Fees	Full fee charged if less than 24 hours' notice of cancellation.

Sally Floyd

Name	Sally Floyd
Address	Petersfield, GU23
Telephone/Mobile *(please include the hours in which you can be contacted*	07827932167 (Contactable 8am to 8pm Mon to Fri)
Email	Sally.floyd@aol.co.uk
Website	www.sallyfloyd.co.uk www.weareinterim.com
Relevant qualifications	Dip Higher Education Dip Of Credit (Care Settings, Health and Social Settings) Dip Social Work Bsc (Hons) Social Work Dip Psychotherapy (Distinction) PG Foundation Certificate Psychotherapy and Counselling PG Diploma Psychotherapy and Counselling
Years of experience	11 years
Current membership of professional body	BACP Social Work England
Why I work as a Counsellor/Psychotherapist	I find working as a Psychotherapist and Counsellor incredibly rewarding. I believe we must be prepared to do what we can and sometimes we succeed and sometimes we do not. By taking the risk to explore experiences and challenge thoughts we open ourselves to finding out what is possible. I have a wide range of therapeutic interests, including sexual abuse, domestic violence, addiction, bereavement, and loss (sibling death and later life), anxiety, feelings of emptiness and isolation, lack of meaning or sense of purpose, suicidal thoughts, stress, relationships, depression, older life transition, attachment/parenting, eating disorders (particularly over-eating), adoption and disability.
How I work as a Counsellor/Psychotherapist	I am a qualified and registered Psychotherapist and Counsellor. I provide a safe and confidential space and years of experience to facilitate exploration, growth, and ultimate recovery. I work hard to understand expectations of therapy and of me and your hopes and fears for the future. I will listen and help you make sense of the things that matter to you. You will receive considerate, respectful, age-appropriate and concentrated attention. Being an integrative person-centred therapist, I do not believe any one theory has all the answers or necessarily any of the answers, but it is liberating to be able to confidently draw on a range of therapeutic modalities, methods, treatments, and it is as much about the therapeutic relationship we develop. Therefore, my work recognises and trusts potential, and I will help you to trust yourself through empathy and positive regard. Whatever, you bring to the session we work with. I work within the BACP ethical framework, and I am committed to respecting the rights of others and their human experience. I have over 30 years-experience of working with adults, young people, children and families, couples, and groups, in a variety of settings and with a wide range of concerns. I have a particular interest in trauma and have research and clinical experience of trauma.
Any other information	I am the CEO of a charity registered to provide free of charge or reduced fee psychotherapy and counselling sessions. www.weareinterim.com

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John Leyland

Name	John Leyland
Address	Burscough, Nr Ormskirk
Telephone/Mobile *(please include the hours in which you can be contacted*	01704 895903 mob: 07534401892 Hours available to contact: Monday – Friday, 9am- 5pm Please leave a message if I am unable to answer your call.
Email	bcstherapy@mail.com
Website *(if applicable).*	N/A
Relevant qualifications	Certificate in Counselling Skills Advanced Diploma in Counselling. Diploma in Supervision. Person -Centred Experiential -Professional Development training
Year of experience	Over 20 years' experience as a counsellor.
Current membership of professional body	MBACP Registered Member
Why I work as a Counsellor/Psychotherapist	I have worked as a counsellor for the last twenty years and have a strong belief in being as helpful to client as I possibly can, by aiding them in becoming their own agent. The Person Centred approach provides me with grounding from which to practice. My experience of being a Person Centred counsellor with a wide range of client experiences has brought richness to my understanding of life.
How I work as a Counsellor/Psychotherapist	I provide a non-judgemental and safe space for clients to explore what presenting problems they bring to sessions. Paramount for me is being a collaborative participant in the therapeutic relationship, including inviting clients to turn inwards toward their own sensing and on my part being appropriately congruent. I believe that I offer warmth and the attitudinal conditions to clients to beneficial effect.
Any other information	Approximately four miles from EHU. I offer daytime and evening appointments.
Additional Notes on Fees	Free introductory meeting. £20 cancellation fee if session cancelled within 24 hours

Stephen Manning

Name	Stephen Manning
Address	Liverpool, L7
Telephone/Mobile *(please include the hours in which you can be contacted*	07941 488 550Contact: Sunday to Friday (9 am to 6 pm).
Email	actualitycounselling@gmail.com
Website	http://www.actualitycounselling.co.uk
Relevant qualifications	2001: Postgraduate Diploma in Counselling (Liverpool John Moores University). 1998: BSc in Applied Psychology (Liverpool John Moores University)
Year of experience	Over 15 years since qualification.
Current membership of professional body	BACP. I am an accredited member of the BACP and am on its Register of Counsellors and Psychotherapists.
Why I work as a Counsellor/Psychotherapist	I endeavour to offer a supportive, accepting and facilitative relationship within which clients can explore the problems they are facing. I do this in ways which respect their values, abilities and culture.
How I work as a Counsellor/Psychotherapist	I encourage clients to express their thoughts and feelings, to explore the issues which are troubling them, and to discover ways of living more resourcefully. The work is focused on self-discovery and on enabling each individual to live authentically.
Any other information	I do not offer evening sessions
Additional Notes on Fees	In the event of a cancellation, no charge will be made provided at least 24 hours' notice is given or cancellation was unavoidable.

Charlie Moritz

Name	Charlie Moritz
Address	High Peak, SK23
Telephone/Mobile *(please include the hours in which you can be contacted*	07751275907 9am-6pm
Email	info@chaliemoritz.co.uk
Website	www.charliemoritz.co.uk
Relevant qualifications	MA; PGCE; PG.DipDramatherapy; Certificate in Creative Supervision(UKCP)
Year of experience	13
Current membership of professional body	Full member of British Association of Dramatherapists. State Registered Arts Therapist (Dramatherapist)-Registered with HCPC BADth Registered Supervisor
Why I work as a Counsellor/Psychotherapist	The changes made through my own personal development work and psychotherapy my creative skills and an ever-growing awareness of the healing power of the arts all combined to influence strongly my decision to train as a drama therapist. A lot of my work as a therapist has been with asylum seekers and refugees, including working with survivors of torture. I have worked freelance and privately with children, young people and adults. In my private practice I have worked to help people facing a range of difficulties. I also have a lot of experience of teaching in higher education and substantial experience of offering therapy to arts therapists in training. This is an area of my work for which I feel a real affinity. I believe that the therapy offered to trainee therapists constitutes a very important element in both their personal and professional development and I work to ensure the presence, attention, holding and interventions I offer are the best I can manage. Alongside my work as a therapist I have established and currently run a therapeutic storytelling group for asylum seekers and refugees. This is proving to be popular and really valued by those who have accessed it so far.
How I work as a Counsellor/Psychotherapist	Dramatherapy is a psychological therapy which happens through playful, imaginative action as well as through talking. Where appropriate I invite use of embodiment and movement, projective work and also adoption of role to explore and experience aspects of what is being dealt with in a session. I encourage clients to draw on the power of their essential, 'inner poetry' as they express themselves in imagery, and more particularly through metaphor. This can so often become a powerful vehicle for exploration, expression, increased understanding, and awareness, and hence enable rehearsal of change. I do my best to identify and respond to cues offered by the client and where appropriate make offers and suggestions for helpful play and creative exploration. Everything is by choice and clients always have the right to decline an invitation or stop an activity. I look to follow the client and facilitate their unfolding process judging as best I can the

	appropriate scale in which to play (be that miniature or life size) and the type of narrative and level of distancing (often through role) which will best serve the therapy. Much of my own personal therapy has been Person Centred and Integrative and I look to adopt and work from a humanistic stance as I work to get alongside the client throughout the time they spend in therapy with me. No special skills or experience are required. dramatherapy is practiced in many different settings with a wide range of different client groups.
Additional Fees on Fees	I do have a cancellation policy which is on a sliding scale depending on the notice given. No charge if date or time is renegotiated 5 days before. Less than 5 days a charge of £15. Less than 48 hours £25. Missed with no notice- full fee payable. I do not offer a free introductory session.

Wendy Marsh

Name	Wendy Marsh
Address	Chorley PR6
Telephone/Mobile*) (please include the hours in which you can be contacted*	07895855831 between 9am and 5pm
Email	wendycounsellor@hotmail.co.uk
Website	www.counsellinglancashire.co.uk
Relevant qualifications	QUALIFICATIONS CPCAB Certificate in Therapeutic Counselling Supervision May 2011 - Dec 2011 - Cheshire Therapy Centre 1A Manchester Road Warrington WA1 3AB Accreditation June 2010 - July 2010 - British Association of Counselling & Psychotherapy CPCAB Accredited Diploma in Therapeutic Counselling April 2005 - July 2007 - Runshaw Adult College Euxton Lane Chorley PR76AD ONCW Counselling Theories Jan 2005 - May 2005 - Runshaw Adult College Euxton Lane Chorley PR7 6AD ABC Counselling Skills May 2004 - May 2005 - Runshaw Adult College Euxton Lane Chorley PR7 6AD. ABC Counselling Concepts Jan 2004 - April 2004 - Runshaw Adult College Euxton Lane Chorley PR7 6AD Ascentis Preparing to Teach in the Lifelong Sector Mental Health Awareness Certificate in Couples and Relationship Counselling - with Joan Manville
Years of experience	Qualified Counsellor July 2007 Qualified Supervisor January 2011
Current membership of professional body	BACP – Accredited Member Number 572761 Included on professional register
Why I work as a Counsellor/Psychotherapist	I enjoy working with students, as it is so rewarding to see and share the trainees' personal and professional development in becoming a counsellor. Facilitating the student through their process enables them to experience the core conditions first- hand.
How I work as a Counsellor/Psychotherapist	My training is in the Person -Centred approach, my positive and supportive attitude communicates understanding, trust and acceptance to the client, who is encouraged to see themselves in a more balanced and accepting way
Any other information	Please refer to my website
Additional Notes for Fees	I offer the first session at a reduced rate of £30.00. **Cancellation / missed appointment policy is in effect:**

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	I consider any appointment that you have made with me important. Your appointment is for your exclusive use and when it is cancelled with short notice, or missed altogether, it is often too late or impossible to offer this time to someone else, and the appointment time goes unfilled. • A full 24 hours' notice is required for cancelling appointments. • If you cancel with less than 24 hours before your appointment time, you will be charged for 50% of the cost of your appointment, • Please enquire if you would like an appointment reminder. If you are uncertain when your next appointment is, please contact me. • I will always aim to give you as much notice as possible of any holidays, training workshops, conferences or illness that might prevent me from being available at the time/day of the scheduled session. In such cases the counsellor will always aim to offer an alternative arrangement. • There is a range of valid reasons for cancelling an appointment. To be consistent with all clients, cancellation fees will only be waived in the event of a medical emergency requiring urgent professional treatment, a death in the family, or natural disaster. • Out of fairness to you, if I must cancel your appointment with less than 24 hours' notice, your next appointment will be half the normal charge.

Joanne McAlpine

Name	Joanne McAlpine
Address	New Brighton, Wirral
Telephone/Mobile *(please include the hours in which you can be contacted)*	07720772485
Email ***(if you would like to make this available to students).***	jovmalpine@gmail.com
Website ***(if applicable).***	N/A
Relevant qualifications	Post-graduate Diploma in Person Centred Counselling
Year of experience	20 years' experience
Current membership of professional body	I am a Registered Member of the British Association of Counsellors and Psychotherapist: 00633003
Why I work as a Counsellor/Psychotherapist	I am passionate about counselling and supporting people in their personal development or when they are stuck and trying to change.
How I work as a Counsellor/Psychotherapist	I am mainly person centred but I also use some psychodynamic theory. I work creatively.
Any other information	I have over 25 years' experience of working in Social Care, Drug And Alcohol, Parenting, Sexual Health, and the NHS. I feel this gives me a solid background to my role as a Counsellor/Psychotherapist.
Additional Notes on Fees	Free introductory half hour session.

Wayne O'Sullivan

Name	Wayne O'Sullivan
Address	Bamber Bridge, Preston PR5
Telephone/Mobile *(please include the hours in which you can be contacted*	07733366062 After 4pm if possible or leave a message and I will return call ASAP.
Email	waynesully@yahoo.co.uk
Relevant qualifications	Cert in counselling skills 1999 Burnley College Diploma In Person centred counselling 2001 at PCCS College, Manchester. Diploma in counselling supervision 2005 at PCCS College, Manchester. EMDR Trained –Mersey Psychotherapy 2013
Year of experience	Over 18 years' experience
Current membership of professional body	BACP Accredited Member since 2014 Membership Number 541412
Why I work as a Counsellor/Psychotherapist	I am very interested in the human condition and what makes us who we are. Having experienced the true power of the therapy relationship myself , this led me on my own journey of self-discovery which started 19 years ago and continues to this day. I feel that the challenge in the current environment we live in to provide this unique relationship is a very rewarding experience, to be part of an individual's own self-discovery is an honour and one that I value very much, and this has driven me to want to support others in their own journey. I have experienced many different job roles, and nothing really felt was truly me until I discovered counselling.
How I work as a Counsellor/Psychotherapist	Through our life experiences we can develop distortions in our own internal frame of referencing through various experiences from the introjected values of others, society and cultures. To conditions of worth being communicated implicitly in our close relationships. These are sometimes internalised and difficult to recognise and a gap between our real selves and our ideal selves can develop and lead to current psychological distress and impact on an individual's functioning. I offer a safe, confidential, non-judgemental space for individuals to explore their emotions, feelings and experiences. I believe holistically in the self-actualising tendency and my approach is to help facilitate this very experiential journey of self-discovery by offering the necessary and sufficient conditions: empathy, unconditional positive regard and congruence. I work in a non-directive way and deem the client as the expert in themselves and that together through our therapeutic relationship and emotional process work can help a person become more aware of these potential distortions and improve their own self-concept and become more fully functioning person and more open to new experiences of self-discovery as a human being.
Any other information	I have experience of working as a therapist within the NHS, privately and for charities
Additional Notes on Fees	My cancellation policy is 24 hrs notice of non-attendance or this could lead to being charged for the hour session. I offer free 40 minute introductory sessions to prospective clients.

Rajita Rajeshwar

Name	Rajita Rajeshwar
Address	Manchester WA15
Telephone/Mobile*)* *(please include the hours in which you can be contacted*	07931258918
Email	rajita.rajeshwar@gmail.com
Website *(if applicable).*	N/A
Relevant qualifications	Individual Psychotherapist Group Psychotherapist Psychodramatist Lecturer /Tutor Counselling /Psychotherapy Supervisor
Year of experience	10 years
Current membership of professional body	UKCP BPA (British Association of Psychodrama)
Why I work as a Psychotherapist	My experience has highlighted when individuals are distressed (For example, I work with anxiety, depression stress, work, family, relationships, identity, trauma, shame, culture, coping with change, early childhood issues, attachments, shame etc) meeting a counsellor /psychotherapist they connect with, who sees and attunes to them facilitates healing/change. It is this "encounter" and "dance" that guides individuals towards finding their own inner strengths and insights. Therefore, it would be an honour to be part of this "encounter" and "dance" to discover an authentic and creative space together as you journey towards self-compassion, self-discovery and growth.
How I work as a Psychotherapist	Everyone is a unique individual! Therefore, my ethos is to offer a creative, holistic, humanistic and integrative approach. At the heart I provide a good therapeutic relationship where individuals feel safe, supported and heard. I offer a space where the mind, body and spirit is considered and an awareness of their connection can be developed. Also, a space to be creative, curious and spontaneous in order to develop a healthy relationship with oneself, to gain new insights and explore the more uncomfortable and hidden parts. I offer a collaborative approach where individual's feel safe, in control of the pace, process and focus of work. Furthermore, I believe that good mental health involves the ability to be flexible to situations that arise in life. Understanding and expanding the roles we play in life can help adapt to new situations more readily. Thus, alleviating distress and increasing one's confidence and self-esteem.
Any other information	I can offer face to face/ telephone /skype sessions
Additional Notes on fees	Initial 50-minute free assessment to see if we "fit". 24 hour cancellation policy

Nicola Robinson

Name	Nicola Robinson
Address	Fulwood, PR2
Telephone/Mobile*(please include the hours in which you can be contacted*	07899683790 - Anytime however if I don't answer please leave a voicemail and I will ring you back as soon as possible.
Email	nrcounselling@hotmail.com
Website	N/A
Relevant qualifications	BSc (Hons) Applied Psychology Degree (2005); Advanced Certificate in a Counselling Skills (2007); Graduate Diploma in Professional Counselling (2009); BACP Accreditation (2013)
Year of experience	10 years in July 2019
Current membership of professional body	Registered Accredited MBACP
Why I work as a Counsellor/Psychotherapist	I am extremely passionate about the benefits counselling can have upon an individual's life. Having completed the counsellor training in 2009 and having completed my Accreditation in 2013 I feel that I am able to offer an empathic and congruent understanding of the journey trainee counsellors have embarked on and both the rewards and the challenges they will face along the way. I have mentored trainee counsellors who volunteered for my previous employment, this involved providing training and regular 1:1 support. I feel very privileged to be given the opportunity to work with trainee counsellors as it gives me the opportunity to be a part of their journey towards self-acceptance and self-fulfilment.
How I work as a Counsellor/Psychotherapist	Within my practice I feel it is important to value the humanity of the individual within the counselling relationship. As a person-centred counsellor I will meet with you to explore the areas in your life which personally concern you. You may know exactly what problems are troubling you or you may feel distressed without knowing why. I feel very passionate about the benefits of both **short-term** and **long-term therapy**. I believe that my clients have the inner resources to resolve their own issues and therefore my role is not to give advice but to provide a supportive relationship in which I work with you within a **safe, confidential, caring and non-judgemental** environment which enables you to look at the issues that concern you, helping you to accept your feelings and empower you to take more control of your life.
Any other information	I have experience of working with **adults, young people** and **children** with a wide range of **complex issues**. In my private practice I work independently in various therapy centres. I also work for a number of EAP's (Employee Assistance Programmes) and deliver work for Lancashire County Council working with children and young people in schools and provide online therapy for an online counselling project. Previous to this I specialised in working with **young people** who **self-harm** and those who have **suicidal thoughts**. I have also worked and volunteered for several organisations providing **one-one** support and therapy dealing with different issues; domestic abuse; care leavers; victims of crime, people facing homelessness and ex-offenders.
Additional Notes on fees	Initial meeting £20

Margaret Seddon

Name	Margaret Seddon
Address	Wigan, WN5
Telephone/Mobile *(please include the hours in which you can be contacted*	07732285010 (please ring me after 6pm)
Email	Marg.seddon31@gmail.com
Website	N/A
Relevant qualifications	BACP Accredited counsellor. Advanced diploma in Counselling. Certificate in working with young people.
Year of experience	I qualified in 2002.
Current membership of professional body	BACP Accredited and Registered on both BACP and UK Register of Counsellors.
Why I work as a Counsellor/Psychotherapist	I work as a counsellor for many reasons, the first one being that it is both a pleasure and a privilege to be a part of another person's growth and development as they walk the path of "becoming a person". It can often be a tough journey and can bring forth many challenges for a student on a counselling course. Often unexpected issues arise, and it can often be daunting. However, I love the marriage of personal development with professional development that takes place in an educational setting.
How I work as a Counsellor/Psychotherapist	I choose myself to train as a person centred counsellor many years ago after reading" A way of Being" by Carl Rogers it took me on a journey that led me to becoming a counsellor. I like to offer a safe place for any of my clients by offering the core conditions of person centred therapy. I believe the expert on themselves is whoever I am working with. I like to feel that we journey together in a way that is both challenging and safe.
Any other information	I have worked with many clients who have been on counselling courses from different colleges in the area. Including Wigan college, Runshaw, Chester and Edge Hill. I am employed as a counsellor in an educational setting but that does not involve students on counselling courses. I have in the past worked in a domestic violence centred, worked in a GP surgery and several local charities working with young people.
Additional Notes on Fees	Cancellations - I do not charge for a cancellation if I am given at least 24 hours' notice. I do not offer a free session, but I am willing to talk on the phone to answer any questions prior to a first session.

Melanie Stephenson

Name	Melanie Stephenson
Address	Epping, CM16
Telephone/Mobile *(please include the hours in which you can be contacted*	07790629827 Daytime Fridays, Evenings, Weekends
Email	mstherapeutic@outlook.com
Website	www.mstherapeutic.com
Relevant qualification	PGDip Counselling Children MA Counselling and Psychotherapy
Years of experience	8 years practice
Current membership of professional body	BACP (Accredited) I am on the BACP register for therapy and supervision
Why I work as a Counsellor/Psychotherapist	Therapy is fundamentally a relational experience and one through which I believe the client and I both have potential to grow. Working through life's complexities including those which reside within us is a journey of discovery; I feel truly privileged to be able to accompany that journey alongside a client.
How I work as a Counsellor/Psychotherapist	A window to my practice would reveal an array of creative materials, although I am client-led in terms of how or if these tools are used; just being together often feels enough for therapy to happen. I lead with a foot of connection, upon which all else can be built and give space in therapy to explore potential physical manifestations of stress or emotional disharmony. I often explore with clients regulating strategies such as breathing exercises, mindfulness or meditation which have been linked to activation of the parasympathetic nervous system, a potential tool for self-soothing. My enduring intention is to offer an environment of positive regard and authenticity by being (as Carl Rogers would say) 'dependably real' as a therapist, which consequently invites warmth and growth in the therapy space.
Any other information	-
Additional Notes on Fees	I offer an introductory voice or video call with any prospective client. Cancellation Policy: Appointments cancelled with less than 48 hours' notice are charged in full.

Lyndsey Smith

Name	Lyndsey Smith
Address	Runcorn, Cheshire
Telephone/Mobile*(please include the hours in which you can be contacted*	Mobile: 07741487027 Landline: 01928713909 9am - 7pm Any time after this please leave a message and I will get back to you as soon as possible the following day.
Email	lynds65@hotmail.co.uk Info@authenticcounsellingservices.co.uk
Website	www.authenticcounsellingservices.co.uk
Relevant qualifications	**2014:** BACP Certificate of Accreditation **2014-2015:** Advanced Certificate in Person-Centred Expressive Arts Therapy Group Work **2011-2012:**P/G Certificate in Counselling Supervision with Distinction **2008-2011:** M.A in Counselling Studies **2010:** M.A Elective in Cognitive Behavioural Therapy (CBT) **2010-2014:** Advanced workshop Certificates in Person-Centred Expressive Arts Therapy **2010:** Intermediate Certificate in Person-Centred Expressive Arts Therapy **2009:** Introduction Certificate in Person-Centred Expressive Arts Therapy **2005-2008:** Graduate Diploma in Counselling **2004:** Introduction to Counselling **2002:** Introduction to Transactional Analysis (TA 101)
Year of experience	See dates above
Current membership of professional body	MBACP (Accredited) Membership Number 00592011 Registered Member 076395
Why I work as a Counsellor/Psychotherapist	I have been working as a full-time counsellor for many years. With having had years of therapy myself and working in great depth before I ever thought of becoming a therapist myself. I have changed and developed and feel from my experiences I have so much to offer my clients as I am not afraid to go to the depths with them that they may need to go to in exploring their own issues. The best part of been a therapist I feel is witnessing the changes in others and seeing them fly.
How I work as a Counsellor/Psychotherapist	I am a warm, friendly experienced accredited counsellor, supervisor and workshop facilitator. Integrating Person-Centred Expressive Arts Therapy, Transactional Analysis and Cognitive Behaviour Therapy. My passion lies within Expressive Arts Therapy and I offer this unique powerful therapeutic approach which allows you to work at deeper levels to express feelings that are often hidden. I facilitate the Creative Connection process offering a variety of mixed media such as making marks on paper, miniatures, sand, clay, natural material and using colours, this enables you to explore and express your inner thoughts and feelings in a much deeper way than just by talking therapy alone.

Any other information	I have developed and facilitated expressive arts therapy workshops for counsellors for the last 5 years. Working with different mixed media and themes in small groups for CPD, this is where my creativity and playfulness comes alive. My private practice and workshop room is a comfortable unique expressive space. It is in a quiet residential area and has a separate entrance from my home where we will not be disturbed. As I have been rebranding and extending the therapy room my new website Authentic Counselling Services and email address will be live in the next couple of weeks, before then you can reach me on lynds65@hotmail.co.uk
Additional Notes on Fees	If a cancellation is less than 24 hours, then a charge of £20 is required. I do not offer an initial free session for counselling sessions however I do for prospective supervisees looking for supervision.

Glenys Taylor

Name	Glenys Taylor
Address	St Helens, WA11
Telephone/Mobile *(please include the hours in which you can be contacted*	07510199225 Anytime, if unavailable please leave voicemail
Email	glenys@care2talk.co.uk Please check your junk/spam email if you are expecting a message from Glenys as often her emails are diverted
Website	www.care2talk.co.uk
Relevant qualifications	Masters in Counselling Studies- (ongoing due to complete shortly) Level-5 Diploma in Psychotherapeutic Counselling skills Level - 4 Diploma in The Theory and Practice of Person-Centred Counselling Level – 3 Certificate in Person Centred Counselling Introduction to Counselling
Year of experience	Over 6 years' experience.
Current membership of professional body	Member of the British Association for Counsellors and Psychotherapists (MBACP)- Membership number -634382
Why I work as a Counsellor/Psychotherapist	I work as a counsellor as I feel that at some time in our lives, we all need someone to talk to. I feel humble listening to the issues that clients entrust me with. I am privileged to share their journey and watch them move towards empowerment and at the same time I discover more of me the counsellor in my attempt to be a reflective and reflexive practitioner.
How I work as a Counsellor/Psychotherapist	Being a very Person-Centred Counsellor, I work phenomenologically with my clients (in the here and now). Focusing on thoughts and feeling and offering the core conditions, it gives the client the space to explore issues that have brought them to counselling. Giving them a safe and confidential environment and a relationship built on trust, I hope to facilitate the clients' movement towards self- fulfilment or to allow them to reach their actualizing tendency. All clients are assessed as to their suitability to enter therapy and sessions are adapted to the client's needs. I do not sit in judgement or offer advice; I work empathically and do challenge when appropriate and in line with the therapeutic process.
Any other information	I have experience of supporting and managing students on placement within my role as Counselling Co-ordinator Assistant with Age UK Mid Mersey from 2012-2015. In my new role as Counselling Coordinator for WHISC, I have sole responsibility for all students on placement with the organisation.
Additional Notes on Fees	Introductory Assessment - £25.00 per hour Cancellation Period-24 hours' notice is required, anything outside this the normal fee will be charged. All Payments are either by cash or cheque.

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Lesley Wilson

Name	Lesley Wilson
Address	Colne, Lancashire BB8
Telephone/Mobile *(please include the hours in which you can be contacted*	07557434930 (Tuesday, Thursday & Friday 9am – 6pm)
Email	info@accordservices.co.uk
Website	www.accordservices.co.uk
Relevant qualifications	**Metanoia:** Counselling for Depression Supervision Training Awarded 2017 **University of Central Lancashire:** MSc Counselling & Psychotherapy Awarded 2014 Cert IAPT Counselling for Depression Awarded 2014 Fellowship Higher Education Academy Awarded 2013 **University of Salford** Post Grad Diploma in Counselling (Supervision, Post Traumatic Stress Disorder and Research) 2005 Diploma in Counselling (BACP Accredited) Pass 1998 Certificate in Counselling 1996 Introduction to Counselling 1995
Year of experience	20+ years' experience.
Current membership of professional body	BACP (Accredited) NCS (Accredited)
Why I work as a Counsellor/Psychotherapist	I find the work exciting, sometimes frightening and/or uncertain and there is always something more to learn. For over the past 20 years my work has always challenged my knowledge, experience and understanding of life. I always have more questions and as each question is answered another two or more emerge.
How I work as a Counsellor/Psychotherapist	I endeavor to offer a safe, confidential environment regardless of difference and diversity, although the usual boundaries around confidentially are made clear within the contract. In the assessment process, I explain that this is a difficult place to be, and people don't always feel 'better', for a time they can sometimes feel worse. The challenge is that if they are willing to explore emerging present and more than occasionally past experiences in a space which I hope is non-judgmental, then the client finds their balance as they begin to understand their own life; I use my skills and understanding to help them explore their inner world.
Any other information	
Additional Notes on fees	I do offer a free assessment session which lasts 30 minutes and this allows any prospective client or supervisee to work out if they can trust me enough to share their experiences.

Mia Leyland

Name	Mia Leyland
Address	Wigan, WN6
Telephone/Mobile	07715 417365
Email	calminglivescounselling@gmail.com
Please explain how your practice aligns with Person Centred Experiential therapy	My practice encompasses person centred therapy, I offer talking therapy and provide a safe, comfortable and confidential space for clients. I believe the core of counselling is the relationship between the counsellor and the client, it is important that this feels right for effective therapy to take place. In my practice I also work with the whole person, not just the primary concern they are presenting with, and I look at the systems they are part of including culturally, family, education, work and many other possible systems as although clients are all individuals they do not exist alone and these systems likely have an impact. I offer talking therapy and give the client space to discuss their thoughts, feelings, worries, concerns. A large part of counselling is exploring emotions and feelings, and this isn't always easy for clients for a number of reasons. With clients I will explore their emotions with them, this may be through words if they can identify and verbalise them or it could be through pictures, the feelings wheel, creative tools such as cornflour and water that offers different textures or sand trays and miniatures. I also do body work with clients and mindfulness scripts to support them in relaxing and connecting with feelings and sensations in their body, we can then talk about where the feelings are, what they look like, we can draw them etc. I find offering these different and sometimes new experiences to clients enables them to see things differently and connect with themselves in a different or deeper level often resulting in a change. Where appropriate I will also offer other methods if I feel they will be of benefit to the client. For example, CBT techniques and I am also trained in the Rewind technique for trauma.
Relevant qualifications	BSc (Hons) Psychology and Counselling Diploma in Counselling Diploma in Counselling Supervision
Current membership of professional body	BACP Registered Member 641081
Why I work as a Counsellor/Psychotherapist	I work as a counsellor as I believe in people, I believe people have the ability and potential to make changes for themselves and I feel privileged to be able to be alongside my clients as they share their thoughts, feelings, and stories with me. I feel with all my training and experience I have a lot to offer clients and can make a real difference to their lives, whilst recognizing I am not the expert. From a personal point of view, I really enjoy my work as a counsellor, I enjoy helping people and I enjoy seeing the journey clients go on - those moments of realisation or understanding that clients have during sessions are really rewarding. Overall, I believe in the relationship in counselling and to be part of that with someone is humbling and rewarding.

How I work as a Counsellor/Psychotherapist	The core and foundations of my work is person centred, I am there with the client throughout the counselling relationship, I will go where they go, I may gently challenge but I will not push them to go anywhere they don't want to go. I primarily offer talking therapy and bring in additional therapeutic techniques for example creative therapy using lego, play doh, arts and crafts etc. I'm also interested in somatic experiencing and will ask clients where they feel something, what it looks like etc. I also bring elements of relaxation and mindfulness into my practice and I am trained in the Rewind technique for trauma therapy.
Any other information	-
Additional Notes on Fees	I offer a free introductory phone call unto 30 mins. 24 hours' notice needed for cancellations - flexible with regard to Covid and emergencies.

Michelle Richards

Name	Michelle Richards
Address	Liverpool L18
Telephone/Mobile *(please include the hours in which you can be contacted*	07403 620 529 (hours to be contacted are flexible so try any time)
Email	theartclinic@gmail.com
Relevant qualifications	Drama Therapy Postgraduate Diploma
Year of experience	I6
Current membership of professional body	Health Care Professional Council Registration number AS15590
Why I work as a Counsellor/Psychotherapist	I believe that it is important for people to be given opportunities to develop emotional intelligence for them to become emotionally empowered and resilient. I work as a therapist so that I can be a part of facilitating this development in people's lives by providing a safe space for them to discover how to heal and who they are, what they want and how to live their lives with authenticity. I am continually delighted by the transformative power of art and creativity within therapeutic processes. Being a creative arts therapist gives me the opportunity to witness many wonderful transformations.
How I work as a Counsellor/Psychotherapist	In my work I use an integrative approach and a range of creative, conceptual and expressive methods. I use conversation, drawing, creative writing, visualization, story work, movement, drama and play. Using these methods my clients are given the opportunity to gain insight into their emotional and cognitive processes and the holistic impact that these processes have in their lives. Within the sessions we identify the 'life/thought' experiences that the client has had which have impacted their ability to function or 'show up' in the world in their own unique form. We work towards 'healing' and integrating aspects of 'self' that have been hurt, rejected, forgotten or ignored. As my clients works towards having a restored sense of complete self, we may also work creatively with 'themes' that arise by exploring how these themes are reflected in the world at large.
Any other information	
Additional Notes on Fees	£10 introductory session £10 fee for cancellations.

Julie Kuhn

Name	Julie Kuhn
Address	Newquay, Cornwall
Telephone/Mobile	07478 754839 Monday to Friday 8 am to 6:30 pm
Email	juliekuhn@counsellingforyoucornwall.co.uk
Relevant qualifications	CPCAB L4 in therapeutic counselling APCCA Certificate in the use of person-centred creative arts Focusing – Level 5 Mindful Practitioner
Years of experience	Six years
Current membership of professional body ***(please also state whether you are included on a Professional Register)***	BACP (Registered member) NCS (Accredited member) APCCA (Practitioner member)
Why I work as a Counsellor/Psychotherapist ***(please include 1-2 paragraphs to give a feel for why you are working as a PCE therapist).***	Having been through my own life challenges including loss, depression & anxiety, chronic pain and long-term cancer, part of my personal journey to a meaningful life included turning to counselling and mindful practice. Being able to explore my world holistically in the moment enabled me to gain great benefits, such as personal meaning, and self-awareness and it inspired me to become both a mindful practitioner and a counsellor. I am continually inspired by the works of Brian Thorne, Mick Cooper, Jean-Paul Sartre, Eugene Gendlin, Carl Rogers, and Lisle Silverstone. Working as a person-centred creative arts counsellor and as a Focuser gives me great pleasure to work at relational depth and see clients develop and reach their goals.
How I work as a Counsellor/Psychotherapist	I work as a person-centred counsellor integrating creative methods, mindful practice and focusing thereby enabling the client to explore the mind, the body and feelings both conscious and unconscious. I believe that the client counsellor relationship is an important element of counselling and therefore I offer a free introductory session. Thereafter I meet with my clients on a weekly basis. Initially, we will discuss all the issues and goals that the client would most want to bring to counselling and how I can best support them. Our work together is reviewed regularly and I check in with my clients as to whether their goals are being met
Any other information	I am a creative person by nature and in nature as well and I bring these together naturally. Part of my philosophy is working creatively and meeting the client where they are with whatever they are bringing to the session. I continue my professional development by including regular workshops, literature and personal experiences, which enhance my personal and professional growth.
Fees for students	I request that you provide 24 hours notice Of any cancellation of a session. If you provide less than 24 hours notice then the fee is non-refundable. For Saturday or Sunday appointments payment is also required within 24 hours of booking however the fee is non-refundable on cancellation. I offer an initial free 20/30 minute introductory session for prospective clients.

The information within this handbook is correct at the time going to print. Should you notice any discrepancies, please contact AskAHSW@edgehill.ac.uk

Kath Howarth

Name	Kath Haworth
Address	Accrington Lancashire
Telephone/Mobile *(please include the hours in which you can be contacted*	07939 235213 Call between 9am – 5pm and please leave a voicemail if no answer
Email	therapyandsupervision@gmail.com
Website ***(if applicable)***	N/A
Relevant qualifications	Diploma in Person Centred Counselling Certificate in Online and Telephone Counselling
Years of experience	Qualified in 2001 and working in educational settings – FE and HE - and in the NHS, since then.
Current membership of professional body	BACP Accredited member
Why I work as a Counsellor/Psychotherapist	I have benefited from receiving counselling and know the life changing difference it made for me to be heard and be able to express my emotions and then to experience the warmth and acceptance of my therapist. This inspired me to train as a therapist to help others to see that emotional growth can happen through their life experiences. I have continued in my profession for over 20 years and embrace the growth of my own practice through continual professional development and I take responsibility for my personal development and growth by accessing counselling when needed.
How I work as a Counsellor/Psychotherapist	I know that everyone has a story from their past and a need for that experience to be heard. My work as a therapist provides a safe and warm place for my clients that allows healing, personal growth, and emotional recovery from past experiences to take place and then to determine a future that is led by their own authentic heart. I work to create a safe space that encourages the client to express their emotions in their own words.
Any other information	
Additional Notes on Fees	I ask for 48 hours' notice of any session cancellation or the full fee is payable but I understand that late cancellations are sometimes inevitable. I offer a free 15-minute telephone appointment to discuss any questions.

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