

Karen Elliott

Sometimes we don't understand what we are feeling or where our worries and anxieties come from. This can mean we experience stress and negative thoughts, which won't go away and lead to low mood and loss of confidence.

Taking the step of talking about issues can be really hard. Counselling is a confidential and safe place where you can talk to someone who is a trained professional, works in an ethical way and does not judge. You can explore your world at your own pace and have an opportunity to talk about things you would not normally talk about in every day life. **If this is something that you are looking for then I am here to support you through that process.**

Counselling can help you to benefit in the following ways:

- Learn new ways to cope with stress, anxiety and depression
- Feel more confident
- Improve your communication skills
- Understand more about loss and bereavement
- Turn negative thinking patterns into positive ones
- Be better able to trust your own judgment
- Manage anger
- Have a greater understanding of yourself and what your goals are.

My work with children and young people involves creating an informal, relaxed, safe place to explore issues and feelings that have a negative effect on behaviours. This may involve using talking therapies or other creative methods such as art or play.

As well as my private practice, I work as a School Counsellor and as a volunteer in a charitable organisation specialising in Domestic and Sexual Abuse. I draw on the many skills I have and use evidence based counselling theories in order to tailor the service to meet your individual needs.

I am an accredited member of the British Association of Counselling and Psychotherapy (BACP). My Practice is compliant with the BACP ethical standards for Counselling and Psychotherapy. I hold full Indemnity Insurance and a current DBS check.

My fee is £40 per session (up to one hour). The first meeting is a no obligation assessment for you to think about whether you are ready to explore your issue and what you would like to achieve in counselling, as well as finding out if I am the right person for you to work with. I offer a service which is flexible and client led, so I offer appointments during the daytime and evenings.

If negative thoughts are holding you back and you want to make a positive change, call me on 07969 427502 or email me at karen.elliott2811@gmail.com and I will endeavour to contact you within 24 hours.

Thank you for reading my profile!