

About Me



I have worked in the NHS, supporting people of all ages and backgrounds who have found life changes difficult. I have also worked in a Hospice setting, in schools and in the voluntary sector. Prior to working as a counsellor, I worked for many years in community nursing.

My training as a Person Centred Counsellor was at the University of Strathclyde in Glasgow. This was one of the first educational establishments in the UK to offer counselling training courses accredited by the British Association of Counselling and Psychotherapy (BACP). The Counselling Unit has an international reputation in counselling training and research.

I am a BACP Accredited Counsellor and a Registered Independent Counsellor with the United Kingdom Register of Counsellors (UKRC).

I am married, live in the Castle Douglas area and have a grown-up family. My interests include gardening, furniture restoration, walking and dancing.

Fundamental to my approach to counselling, is my belief that self-acceptance is the key to creating resilience; encouraging self-reliance and independence, whilst at the same time, embracing our interconnectedness with others.

Counselling

People come to counselling when they are experiencing difficulties in their life and feel they would like someone to talk to in confidence. They may be experiencing, for example

- Relationship problems
- Marriage difficulties
- Family conflict/difficulties
- Coping with separation/divorce
- Bereavement/grief
- Conflict resolution
- Difficulty in adjusting to a significant change in circumstances
- Trauma
- Workplace issues
- Feelings they don't understand
- Anxiety or depression

Counselling is a confidential process, during which people can learn to deal more effectively with issues or difficulties they are facing, which are causing distress in their lives. It can help clients develop a broader perspective from which to view their difficulty, enabling them deal more effectively with their problem and make more effective choices.

The length of each counselling session is usually about an hour. Each person's needs are different and the number of counselling appointments a client may need will vary from person to person. Some clients find that 4 or 5 sessions are all they need whilst others like to continue for longer. For you to get the most from counselling, it's important that we feel we can work collaboratively.

There are many different approaches to counselling. I work as a person centred counsellor, which means that through the relationship formed between counsellor and client, we can seek ways of exploring your difficulties and feelings. This is done in a respectful and non-threatening way, leaving you in control. In this way you can

- Explore personal issues
- Develop greater awareness of feelings
- Discover ways of dealing with your own life circumstances, which may enable you to live a more satisfying life

As we work together, my aim would be to form a counselling relationship with you, which is based on trust and respect, listening and responding to what you have to say with care and respect. In this way I would hope you would feel supported, valued and understood. I don't give advice but work with you to find a way of coping, which is right for you.

The service I offer is confidential and this will be discussed during our first meeting.

I work from home, which in the Castle Douglas area, but for clients preferring a more formal setting, I also work in an alternative consulting room nearby. There is parking and disabled access at both places.

I also work 'on-line' and if you have a web-cam, you might like to see if this is suitable for you.

Stewartry Counselling

Of course, meeting face-to-face is really important, so that we begin to get a 'sense' of each other and check out whether we feel we can work together. Initially, therefore, we would meet in person.

My fee for a counselling session is £25/£30 depending on where the counselling takes place.

As part of my commitment to clients, and to maintain and enhance my practice, I receive regular supervision of my work from an independent supervisor and take part in continuous professional development.

The British Association for Counselling and Psychotherapy (BACP) has produced an Ethical Framework for Good Practice in Counselling and Psychotherapy, to which I adhere. This framework underpins counselling and psychotherapy practice and seeks to ensure that the public is provided with the best possible standard of service from appropriately trained and supervised therapists.

Supervision

I can offer person centred supervision to trainee, recently qualified and experienced counsellors and psychotherapists. My training in supervision was at the Jesmond Centre for Counselling and Psychodrama in Newcastle-upon-Tyne.

As your supervisor my aim would be to fully engage with you on your journey as you develop as a counsellor. I'd like you to feel safe and respected as we develop a person centred relationship, which offers supportive challenge and where you can explore all aspects of your counselling practice. In this way I would hope to facilitate your learning and self-monitoring as you develop a greater awareness of yourself in relation to others.

I work from home but if you would prefer not to come to my home, I also work in a consulting room in the locality. At both places there is parking and disabled access.

I also work 'on-line' and if you have a web-cam you might like to try working in this way in your supervision with me. So that we begin to get a 'sense' of each other and assess whether we want to work together, we would meet face-to-face for at least the first session.

My fee for supervision is £30 at home or on-line or £35 at my consulting room.

Stewartry Counselling

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Name

Address

Tel:

Mobile:

Email:

Please indicate whether you would prefer a daytime or an evening appointment.

Daytime

Evening

Please indicate whether you would like individual, couple or family therapy, or if your enquiry is about supervision.

Individual

Couple

Family

Supervision