**Personal Profile:**

**Availability**

I currently have sessions available on Friday and Saturday mornings, 9am to 1pm: other times may be negotiated.

I can be contacted via mobile, on 07543 814103 or

e-mail: cbishopcounselling@gmail.com

**Costs:** £35 per session. Concessions may be negotiated depending upon your needs and circumstances e.g., reduced rates for students.

**About me and my therapy practice**

Hello - welcome to my profile.

People attend counselling sessions for many different reasons. If you are looking for a counsellor, I believe there is a need in your life that is affecting you and you are wondering whether counselling will help?

A little bit about me to help you decide whether you would like to contact me and explore the possibility of working together. I have an Advanced Diploma in Counselling and am a member of the British Association for Counselling and Psychotherapy. This provides reassurance for you, the client, that I practice within an ethical framework, maintaining professional standards and confidentiality. I have worked with clients from various backgrounds and cultures; ages have varied from twenty years to mid-eighties. Each person’s counselling journey is different. We are all unique, with different backgrounds, needs and life experiences which affect us in a variety of ways. Counselling journeys for some may be short-term, where people want to discuss a current situation, perhaps relating to their job, a relationship or a health issue. Others have a longer counselling journey, taking time to explore issues such as anxiety, depression, loss, bereavement. Whatever your needs, I will listen and work with you to help you to grow towards a better understanding of yourself. Increasing in self-awareness, realising why we feel or react the way that we do, can empower us and can lead to lasting change.

My focus in counselling is upon you, the client. You are the most important part of this process. My main approach is person-centred. I seek to build a therapeutic relationship with you, one where you can feel safe and where you are able to share your situation, concerns and feelings with someone who will listen, and not judge.

**Practice Description**

I currently work face-to-face. Sessions are for one hour, usually weekly, although there can be flexibility within this depending upon your needs and circumstances.

Although I have a person-centred approach to counselling, I integrate other practices such as working creatively using soft toys, pictures, sand trays and figures. Creative techniques can provide a route to help people to uncover sub-conscious processes.

As a Christian, I recognise the significance of faith within people’s lives and respect people of all faiths or no faith. Faith is not discussed within a counselling session unless introduced by you, the client.

**Initial contact**

Please text or e-mail me (details above) to arrange an initial telephone conversation which usually lasts for around 15 minutes. There is no cost for this; it does not commit you to anything but simply provides an opportunity for us to introduce ourselves and briefly discuss your reasons for seeking counselling. A face-to-face session can then be arranged if you decide you would like to proceed.

**First session**

Our first session is an introductory session where we meet, find out more about each other and explore whether we feel we are able to work together. We will discuss boundaries within the counselling relationship including confidentiality, data protection, times of sessions and costs. A counselling contract is usually agreed during this session (this will be sent to you prior to the first session so that you are able to bring any questions to the session). Your aims in attending counselling sessions and what you would like to achieve will also be discussed.

Deciding to attend counselling sessions can be a big decision and take courage. You may have needed to psyche yourself up to taking the step of contacting someone. It is not uncommon to feel nervous, apprehensive, vulnerable, or emotional. You may or may not have had previous experience of counselling. Whatever your situation, my aim is to focus upon you, to listen to you and provide a safe space where you are able to share your thoughts and feelings.

**What can I help with**

Anger management, anxiety, bereavement, chronic fatigue syndrome / ME, grief, health-related issues, loss, relationships, self-esteem, spirituality, stress.

**Types of Therapy**

Person-centred, creative therapy, integrative with psychodynamic insights, mindfulness.

**Clients I work with**

Adults (aged 18+) and older adults.

**How I deliver therapy**

Currently face to face sessions.