

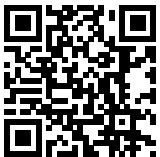
# Counselling in Ashford Middlesex



Location **London, London**  
<https://www.freeadsz.co.uk/x-319827-z>



Counselling and Psychotherapy Both 'psychotherapy' and 'counselling' are terms that are used to describe the same process. Both terms relate to overcoming personal difficulties and working towards positive changes. All of us have to deal with difficult experiences at various times in our lives, they might be emotional, physical, psychological or social. Talking things through with a counsellor/psychotherapist can really help. Counselling provides an opportunity for you to think and talk in confidence about any personal or emotional difficulties that may be concerning you. It is time and space to examine, clarify and understand your concerns, and explore and develop more effective ways of dealing with them. The role of the therapist is to provide support and help in this process of exploration, understanding and change. At Wise Blue Owl we provide various forms of therapy that can help you, for example: Your next step...If you would like to explore further about how psychotherapy can help you with you, then please email us to book an initial consultation. Call us today on: &nbsp;



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