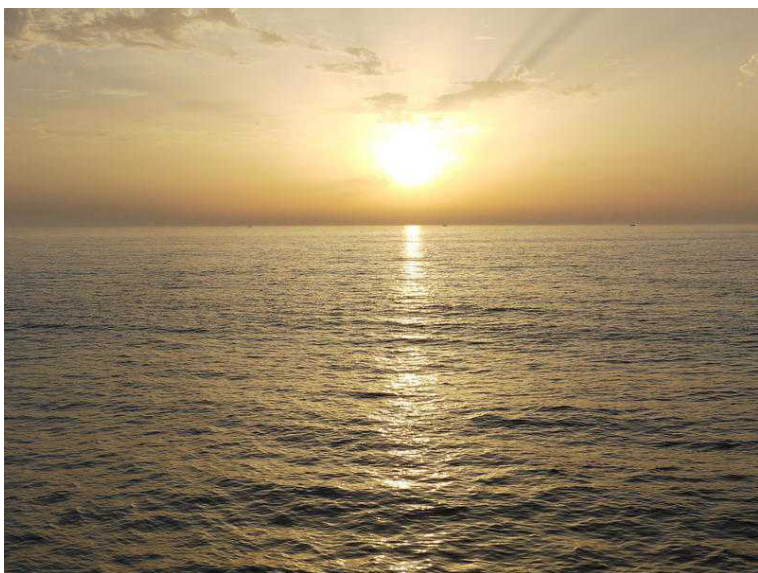


# Positive Holistic CounsellingPsychotherapy



Location

**South West, Somerset**

<https://www.freeadsz.co.uk/x-332480-z>



As part of the final stage of my accreditation as a Human Givens psychotherapist, I am offering counselling/psychotherapy (for a minimal, trainee fee) to help anyone who would like to resolve difficulties with stress, anxiety, panic attacks, phobias and traumatic memories including post traumatic stress disorder (PTSD). I will listen carefully to your experiences and we will work together to reduce and overcome any current issues. Great care will be taken to ensure that the process is tailored to your individual needs. The therapy includes a very effective and proven guided- relaxation/visualisation exercise that is non-intrusive and enables you to be in control. The therapy can take place in your home, if suitable, or you may choose to meet with me in a safe, peaceful consultation room in the centre of Taunton (a small fee is charged for this). All I ask is that you agree to allow me to film the session(s) so that I can provide evidence to my college as part of the accreditation process. All material will be treated in strict confidence. I am qualified in the Human Givens Approach and hold the Post-Graduate Diploma (HGdip) I also have a BA(Hons) in Health and Community Studies from Bournemouth University and a Post-Graduate Certificate in Education (PGCE) from the University of Plymouth. I have been practising effectively as a trainee therapist for one year and am currently working towards registration with the Human Givens Institute and accreditation with the British Association of Counsellors and Psychotherapists (BACP). I am more than happy to answer any questions you may have. ;



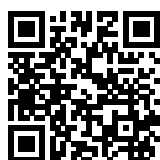
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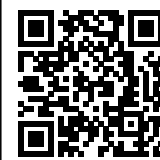
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