

# Counselling and Psychotherapy



Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-495960-z>



People seek therapy for a myriad of reasons.

You may be feeling lost or stuck, in need of additional support during a difficult time, anxious, overwhelmed or dissatisfied with life.

You may want to look at repeated patterns or events, or journey in self-discovery.

Therapy can offer a space explore these issues and feelings. To help you start to find the answers you are seeking. I offer a safe, confidential and respectful space where we can build the trust between us and work together for a deeper understanding of the issues you bring and look at changes you may want to.



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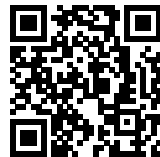
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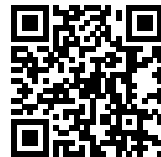
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