

Counselling (talking amp non-verbal therapy using creative arts)



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-525473-z>



First a safe, supportive environment that encourages clients to share, discuss and reflect on their situation is established. Then in addition to talking about the issues, clients have the opportunity to work creatively if they choose to. Sometimes creativity can act as a starting point for discussion, or it may in itself be a cathartic process. Exploring visual metaphors for emotions makes it possible to tackle personal issues without having to face them head on. Arts Counselling is a useful therapeutic process for people of all ages, but it is particularly good when working with those who are unable to articulate their distress, especially young people. It may be that they do not fully understand or comprehend their trauma, or perhaps it is just too big and overwhelming. No previous art experience or artistic skills are necessary to participate and some examples of how materials might be utilised are that drawing, painting or clay-work can be used to describe difficult situations, providing an emotional outlet. Alternatively the act of making can in some cases provide a sense of calm and well-being. Arts Counselling is ideal for helping client to build a sense of self-worth, enthusiasm for life and positive thought about the world and their situation. I am a fully qualified and insured Arts Counsellor with up to date DBS checks. I am also a member of BACP the counselling regulations authority. I have extensive experience of working with children, young people and adults providing support with a wide variety of issues such as: low self esteem, anxiety, stress, bereavement & loss, divorce or separation, hyperactivity, shock, fear, emotional outbursts, difficult home life, addictive & obsessive behaviour, depression and loneliness. With the intention of making the service affordable and accessible to all, I offer a sliding scale of payment: • Child/ under 18 - £28 per session (40 mins) • Full time students - £30 per session (50 mins) • Salary up to 30K - £35 per session (50 mins) • Salary up to 40K - £40 per session (50 mins) • Salary up to 50K - £50 per session (50 mins) •

Salary over 50K - £60 per session (50 mins) • 10% discount on bookings of 10 or more sessions • All art materials included



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