

Individual and couples counselling at The Roses



THE ROSES

Therapeutic Counselling

Location **London, London**
<https://www.freeadsz.co.uk/x-545757-z>



Hi, my name is Ellie.

I provide a warm, empathic, welcoming space, within which you can explore any difficulties, feelings or problems that you are experiencing and which may be impacting your life negatively.

Thinking about having counselling can be a little scary, however the results can be life changing and incredibly positive.

People fear judgement from others and therefore hold on to thoughts and feelings, whereas discussing them with another person helps to make sense of them, which can stop you from feeling stuck and allow you to make progress.Â I will listen to you and hear your perspective on things, I may challenge your beliefs and ideas, to consider different viewpoints, which is essential to change, however I will not judge you.

I am a member of the BACP (British Association for Counselling and Psychotherapy) which is a professional body, defining ethical practice in the field of counselling and an important framework for how a counsellor should conduct themselves.

Please visit my website for further information about me, how I work and what to expect:
www.therosescounselling.co.uk

Alternatively, The Counselling Directory provides excellent information about mental health and I can also be found here:
www.counselling-directory.org.uk/counsellors/eleanor-luscombe

I would love to work with you and look forward to meeting you soon.

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