

# Bernadette Padfield Counselling (Individual and Couple counselling)



Location

South West, Gloucestershire

<https://www.freeadsz.co.uk/x-588821-z>



I believe passionately in the counselling process but I also believe that the timing is as important as the therapy itself. When we reach the decision to seek counselling it is then that we are ready to really engage. I will make every effort to see all new clients within 3 working days of initial contact. To ensure counselling is for you I provide a Free, no obligation 15 minute consultation.

It may be that you are going through a bad time in your life. You may feel out of touch with yourself and/or other people. It could be the anxiety and stress of everyday life. Perhaps it's time that you would like someone to share your experiences, to help and support you in your decisions, or to listen and be there, to explore unwanted memories or to change destructive habits/addictions. Whatever it is, I can provide a safe, non judgemental, confidential space. I believe that you are the expert in the room, you know you best. However with careful reflection and exploration, we can help you rediscover your inner resources and true identity. You may then identify what it is that you would really like, what works for you and how to achieve it, your way.

I have had many years experience working with clients both face to face and over the telephone on a national helpline. My approach is very Person Centred although I may use Creative Therapies, Cognitive Behaviour Therapy and some Psycho-dynamic theory to enhance the process. I offer both short and long term therapy. I believe that nobody knows us more than we know ourselves and therefore respect each individual and their uniqueness above.



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