

Michelle Houston Counselling **at the Hinchley Wood Practice**



What is troubling you?

It can help to talk through what's troubling you with a fully qualified, trained therapist. Counsellors are trained to listen to problems that are difficult to talk about.

How can counselling help you?

'Talking therapy' will provide you with an opportunity to talk in a safe, confidential environment. Talking through what's troubling you can help:

- Feel more in control
- Understand your thoughts and feelings
- Explore complicated feelings
- Develop self-esteem and confidence
- Help with anxiety and depression
- Identify unhelpful patterns of thinking and feeling

How do I work?

After we've chatted by phone we will arrange an initial face to face or remote session. We will talk through your issues and I will tailor my approach to suit your needs. If you decide that you would like to continue then we would organise a fixed weekly time for a fifty minute session, which is open ended so can be a short or longer term arrangement.

Please contact: **07515918076** to arrange a telephone call

Or email: **mhoustoncounselling@protonmail.com**