

# Shirley Kent Counselling

Professional & Confidential Counselling  
In Devon & Somerset

RELATIONSHIP DIFFICULTIES ANXIETY CRISIS  
 ANGER BEREAVEMENT ABUSE FAMILY ISSUES  
 STRESS SUICIDAL FEELINGS ADDICTIONS  
 DEPRESSION CONFIDENCE  
 PTSD  
 COUNSELLING HELPS  
 APATHY EXCESSIVE WORRY PHOBIAS  
 SEXUAL IDENTITY  
 EATING DISORDERS  
 PANIC ATTACKS SELF HARM  
 LOW SELF ESTEEM  
 PHYSICAL HEALTH  
 OCD

## What can you help me with ?

- ◆ Addictions
- ◆ Anger management
- ◆ Anxiety
- ◆ Bereavement
- ◆ Birth Trauma
- ◆ Depression
- ◆ Domestic Violence
- ◆ Eating Disorders
- ◆ Emotional Abuse
- ◆ Infertility
- ◆ Loneliness
- ◆ Low Self Confidence
- ◆ Low Self Esteem
- ◆ Miscarriage
- ◆ Menopause
- ◆ Obsessive Compulsive Disorder (OCD)
- ◆ Panic Attacks
- ◆ Phobias
- ◆ Postnatal Depression
- ◆ Physical Abuse
- ◆ Pregnancy and Birth
- ◆ Relationship problems
- ◆ Redundancy
- ◆ Self Harm
- ◆ Sexual Abuse / Assault
- ◆ Sexuality
- ◆ Stress
- ◆ Suicidal Feelings
- ◆ Trauma

People come to see me when they are facing difficulties in their life and troubles from their past. Sometimes they don't really know what is troubling them, they just know that something is not quite right. Everyone is different, so I work with each person's specific need.

## About Me

I trained as a Therapeutic Counsellor. My training covered different counselling theories and approaches which I draw upon to suit the individual needs of my clients.

I am a fully qualified, experienced and insured Counsellor working within the National Counselling Society's Code of Ethical Practice which safeguards both the client and Counsellor.

I have an Advanced Diploma in Counselling. I am on the National Counselling Society's Register of Counsellors which has been accredited under a programme set up by the Department of Health and administered by the Professional Standards Authority. Counsellors on this register meet high standards which offer clients peace of mind and enhanced protection.

I attend regular training to update and further my counselling skills thus providing the best service to my clients.

I have a DBS Certificate, formally a CRB

### Client Testimonials

*"I would like to thank you for your support and understanding. I am feeling a lot better and I am sure this is to do with your caring ways and good listening".*

"I feel so much better since coming to you. I do not think I could have got through these weeks without you and would not hesitate to recommend you".

## Shirley Kent Counselling

**Shirley Kent MNCS**  
 Accredited Counsellor, Adv Dip.  
 Landline: 01404 861318  
 Mobile: 07950187044  
 Email: shirleykentcounselling@gmail.com  
 www.shirleykentcounselling.co.uk



**Counselling Can Help**  
 Call me, in confidence, on  
 01404 861318 or 07950187044

## Shirley Kent Counselling



I work non-judgmentally with warmth, empathy and understanding and have a calm, gentle, caring approach.

I am a fully qualified, experienced Counsellor on the National Counselling Society's register which is accredited by the Professional Standards Authority, set up by the Department of Health.

I offer counselling to adults. My work is focused upon helping you to find your way to feeling and coping better, whatever the difficulties that are affecting the quality of your life.

I work with many areas of counselling including: Addictions, Anger Management, Anxiety, Bereavement, Depression, Domestic Violence, Eating Disorders, Emotional Abuse, Infertility, Loneliness, Low Self Confidence, Low Self Esteem, Miscarriage, Menopause, Obsessive Compulsive Disorder (OCD), Panic Attacks, Phobias, Postnatal Depression, Physical Abuse, Pregnancy and Birth, Relationship problems, Redundancy, Self Harm, Sexual Abuse/ Assault, Sexuality, Stress, Suicidal Feelings, Trauma and Work related stress.

### Find me online

[www.shirleykentcounselling.co.uk](http://www.shirleykentcounselling.co.uk)

[www.nationalcounsellingsociety.org/find-counsellor/results/ncs16-03461/](http://www.nationalcounsellingsociety.org/find-counsellor/results/ncs16-03461/)

[www.counselling-directory.org.uk/counsellors/shirley-kent](http://www.counselling-directory.org.uk/counsellors/shirley-kent)

## The Counselling Sessions

**Free of Charge Initial Phone Call** I offer a free of charge initial phone call. If I am not available to take your call please leave your message on my answerphone and I will get back to you at my earliest convenience.

**Reduced Fee Introductory Counselling Session** The introductory one hour reduced fee counselling session provides us with the opportunity to meet and helps you to decide if you would feel comfortable working with me. During this session I will talk to you about the counselling service I offer and ask you to provide me with a summary of your situation; why you would like counselling and what you wish to gain from it.

**Subsequent Counselling Sessions** The subsequent counselling sessions are for a duration of one hour. The number and frequency of counselling sessions I provide are based on what you feel is right for you. We will regularly review our sessions together to ensure that you are getting what you need from our time together Both you and I will know when you feel ready to finish counselling, at which point we will review our work together and acknowledge your achievements.

### Counselling Session Times

I offer daytime, evening and Saturday appointments, depending on the venue.

### Counselling Session Fees

#### Introductory Counselling Session

Taunton and Honiton £30.00

#### Subsequent Counselling Sessions

Taunton and Honiton £40.00

## Counselling venues

### Devon

- Near Honiton. Devon. EX14

### Somerset

- The Coach House, Crescent Park, Taunton, Somerset. TA1 4ED

The Counselling venues are easily accessible and have pay and display parking nearby. There is free parking at the near Honiton venue.

The counselling sessions take place in individual, well equipped rooms, which are private, comfortable and safe.

Counselling sessions can sometimes be arranged by telephone or Skype.

### Contact Me

I understand that making the decision to see a Counsellor is often a difficult one. If you are considering therapy and have questions I am very willing to talk ( free of charge ) on the phone with you. I also offer reduced fee introductory counselling session which gives us the opportunity to meet and for you to decide if you would feel comfortable working with me.

I can be contacted by phone on  
Landline: **01404 861318**  
Mobile: **07950187044**

Alternatively send an email to  
**[shirleykentcounselling@gmail.com](mailto:shirleykentcounselling@gmail.com)**