

Shirley Kent Counselling

Professional & Confidential Counselling
In Devon & Somerset

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

COUNSELLING HELPS

What can you help me with ?

- ◆ A crisis
- ◆ Addictions
- ◆ A long term situation
- ◆ Anxiety
- ◆ Apathy
- ◆ Confidence
- ◆ Couple Counselling
- ◆ Depression
- ◆ Excessive worrying
- ◆ Eating Disorders
- ◆ Issues arising from Sexual Identity
- ◆ Loss and Bereavement
- ◆ Low Self Esteem
- ◆ Obsessive Compulsive Disorder (OCD)
- ◆ Panic Attacks
- ◆ Persistent unhappiness
- ◆ Phobias
- ◆ Physical Health
- ◆ Post - Traumatic Stress Disorder (PTSD)
- ◆ Relationship problems
- ◆ Self Harm
- ◆ Sexual Abuse / Assault
- ◆ Stress
- ◆ Suicidal Feelings

People come to see me when they are feeling unhappy. Maybe they are feeling overwhelmed and are finding it hard to cope or perhaps they don't really know what is troubling them, they just know that something, is not quite right. Everyone is different, I work alongside each persons specific need..

About Me

In my mid twenties I developed an interest in holistic health practices. During this time I recognised the importance of good listening skills when working alongside people recovering from illness, trauma or at the end of life. Some years later I trained to become a Counsellor, having undertaken my own personal therapy journey.

I am a practising member of the Foundation for Emotional Therapeutic Counselling with an Advanced Diploma I adhere to regular supervision, continual professional development and abide by their Code of Conduct and Ethics.

I am an Accredited Member of The National Counselling Society and on the voluntary register, accredited by the Professional Standards Authority.

I have a DBS Certificate (formally a CRB Certificate) I am a "dissociation friendly" therapist.

Client Testimonials

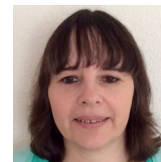
"I would like to thank you for your support and understanding. I am feeling a lot better and I am sure this is to do with your caring ways and good listening".

"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 MFETC. (Ad Dip) MNCS (Acc)

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

What is Emotional Therapeutic Counselling ?

Emotional Therapeutic Counselling is a talking therapy which focuses on recognising and expressing emotions to bring about positive change.

This type of counselling is for children, young adults, adults, couples and families.

Emotional Therapeutic Counselling holds the belief that emotional well-being is key to a contented and fulfilling life. It aims to bring wholeness in mind, body and spirit.

How can I get help ?

By phoning for an informal chat or emailing.

Landline: **01404 861318**

Mobile: **07950187044**

Email: shirleykentcounselling@gmail.com

If I am unavailable, you can leave a message on the answerphone and I will call you back. Your contact with me will be confidential.

How will I know if this type of Counselling is right for me ?

I offer a **Free**, confidential, no obligation **initial consultation**. This 30 minute consultation gives you the opportunity to talk about your difficulties, find out more about Emotional Therapeutic Counselling, and get to know if you feel comfortable with me as your counsellor.

What can I expect from the counselling session ?

During the sessions you will be supported to a better understanding of why you feel the way you do.

I will help you to recognise , acknowledge and deal with painful emotions which may be affecting the quality of your life experience.

I will listen to you in a non-judgmental way with respect and empathy.

By discussing and working through your emotions you identify positive solutions to your problems.

I use a range of techniques to support you in achieving this.

How many counselling sessions will I need ?

The number of sessions you require will be dependant upon your need. Therapy goes at your own pace.

How much do you charge ?

The initial 30 minute consultation is **Free**.

Subsequent one hour Consultations are charged at £40.00 for individuals and £60.00 for couples.

Extended sessions are available if required.

If you are on a low income concessions can sometimes be arranged.

Where can you see me ?

I offer face to face flexible appointments in the following venues during daytime, evening and at weekends.

Devon

- Near Honiton. Devon. EX14

Somerset

- **Raglan House**, First Floor, 2, Middle Street, Taunton, Somerset. TA1 1SH



- **Orchard Osteopaths**, 30 Fore Street, Chard, Somerset. TA20 1PT

What are the counselling venues like ?

All of the 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.

Do you just offer face to face counselling ?

Counselling sessions can also be arranged by Telephone or Skype.