

# Being and Be- coming

## Counselling with Jude



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### WHY COUNSELLING?

Counselling can help to make sense of your life experiences and discover what it means to be fully you: it enables you to achieve a greater depth of self-awareness and self-acceptance.

We all have times in our lives when events in the present or issues from our past overwhelm us: times when we struggle with relationships, pressures of work or the demands and expectations of other people; times when we feel inadequate and 'stuck', filled with sadness, guilt, shame or loss.

Maybe you are seeking a sense of purpose, looking for deep changes in yourself and a greater understanding of all that you have experienced. It isn't always easy to talk to family members and friends when we feel depressed or finding it hard to cope, when we feel there is no hope.

Counselling offers you a safe and confidential space to talk and to be heard; talking through your concerns and hidden emotions with someone who is not part of your life and who will accept you just as you are, giving you the freedom to focus on yourself and speak openly without fear of criticism or judgment.

Deciding to see a counsellor can be a difficult step to take but the process may help you find a different perspective on your situation and discover that you have the inner strength and resolve to make positive changes that will improve your emotional wellbeing.

### WHO AM I?

The world of therapy can be confusing, especially if you have never felt the need for counselling before: as your counsellor, I will work with you to explore your thoughts and feelings safely and support you as you find your way forward.

I am a calm, experienced listener and practitioner. I work with a person-centered approach to meet the individual needs of my clients; this means

that I recognise that you are the expert and will find your answers and that you are in control of what you wish to share with me. This is authentic, and empathic face-to-face humanistic talking therapy.

I am a fully qualified member of the British Association for Counselling and Psychotherapy (BACP) which means that I follow the BACP ethical framework ensuring that the counselling service I provide is of a high standard and in line with my professional body.

I have worked with adolescents and adults of all ages with the following issues:

Abuse - Addictions - Anger - Anxiety - Bereavement - Bullying  
Cancer - Depression - Family - General Unhappiness - Guilt - Grief  
Identity - Loss - Personal Development - Redundancy - Relationships  
Retirement - Self-Esteem - Self-Harm - Shame - Stress - Work

### NEXT STEPS

Come and meet me for an initial free 30 minute session to find out more about counselling, to assess your specific needs and to consider working with me over a period of 6 weeks in the first instance.

Counselling may be brief (between 6 and 10 sessions) or open-ended, depending on the context: this is discussed during the first appointment and reviewed throughout the process.

The cost of following appointments is £40 per session and each session is 50 minutes.

**Dr Judy Harris**  
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Contact me, Dr Judy Harris, by email or phone, and let's begin our work together.