

Who am I?

My name is Paul and I am a qualified counsellor in Thirsk North Yorkshire.

As a professional counsellor I am registered with the BACP (British Association of Counsellors and Psychotherapists) which is a professional body that ensures that as a counsellor I am working ethically and professionally to support you.

What is counselling?

Counselling is a therapeutic relationship between two people where the counsellor seeks to offer a space where you can explore your issues which you would like to improve.

What counselling is not.

Counselling is not a chat, I am not there to give you advice, I am merely there to help you find a way through your difficulty.

What I Offer?

I Offer a safe and confidential private counselling service in Thirsk. If you are not sure that counselling is for you, we can meet for a FREE session to discuss what I offer and what you need from counselling. If you then think that you would like to have counselling, we can arrange to meet on a weekly basis for one hour.

The way I work.

I am an integrative therapist, which means that my counselling training was person centred therapy, however I have also had training other approaches so that I can try and offer you the therapy that is best suited to you.

Each time we meet, I will work with whatever you bring to the counselling room.

How long does counselling last?

Counselling lasts for as long as you want to come to therapy. I will ensure that we review the work and the relationship at least every six weeks to ensure that we have an opportunity to look at how things are working.

How much does it cost?

Each session is £40 and if you have to cancel a session within 24 hours of our appointed time, there is a £20 cancellation fee which will be paid at the beginning of the next session.

What kind of things can I talk about?

I will work with whatever you bring to the sessions, I have experience and training in the following areas:

Anxiety, depression, addiction, Self esteem, Anger management , grief and loss.



“God gave us two ears and one mouth, and we should use them accordingly.”

EPICETETUS, GREEK PHILOSOPHER

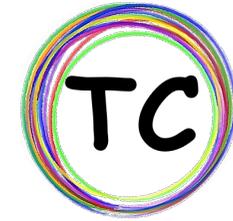
**You can contact me on
07394098833
or
thirskcounselling@outlook.com**

or visit

www.thirskcounselling.co.uk

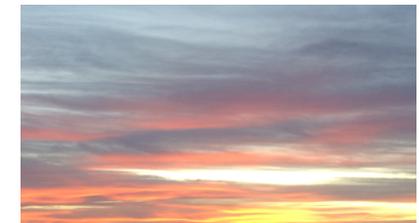


**Registered Member 373621
MBACP**



**Thirsk
Counselling**

**Paul Cullen
Private Counsellor**



Do you need to talk?