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Helping you through difficult times



People turn to counselling or psychotherapy when they encounter some difficulty that they are struggling to deal with on their own. Often they feel overwhelmed and unable to cope.

You might have been trying to address the issues yourself, but find you need extra support without burdening friends or family.

Or maybe your problems have begun to affect other parts of your life, perhaps your relationships or health. Maybe you struggle to contain your anger or you keep bursting into tears. Perhaps you feel very sad or even frightened. Perhaps you don't even know how you feel any more.

A counsellor or psychotherapist does not have a pre-conceived idea of what you should do or feel and provides a safe environment where you can explore and address your issues at your own pace. We will not judge you. We work psycho-dynamically, with an emphasis on creating a safe and confidential environment to encourage emotional growth and to allow you to resolve problems and make changes in order to lead a more fulfilled life.

We help you to understand and resolve your difficulties by providing the time and space to reflect and to consider how the events of the past have contributed to your current situation.

Our work is based on the idea that our unconscious fears, desires and needs impact on our conscious life. We work with you to allow feelings which are hidden, for whatever reason, to come to the fore and be experienced, thought about and understood. This helps to create choices about what you do next.

We begin with a fifty minute assessment and we use this time to think about what has brought you to seek therapy, why now and how you are currently affected. We also check that we can work together and whether the problem you wish to work on is best solved by this way of working. (If it is not, we will help you with the next steps).



If we agree that we would like to work together, we usually suggest a minimum of six sessions of fifty minutes each.

After these six sessions, we review our work together and decide what, if anything, needs to happen next.

We have worked with people for anything from six sessions to over two hundred sessions, depending on the level of difficulty we have been working with.

Whilst some people are satisfied with coping strategies and other tools, others wish to attain a deep understanding of their situation.

We ensure that the process remains flexible and responsive to these needs.

How much does it cost?

We charge £75 per 50-minute session.

We help with:

- Relationship difficulties
- Depression
- Anxiety
- Bereavement
- Adoption issues
- Sexual problems
- Low self-confidence
- Redundancy
- Transgender issues
- Stress
- Coming to terms with illness
- Workplace bullying
- Identity issues
- Anger Issues

