

Helen Fairmaner - Personal Profile

BACP, BA (hons) Counselling

Counselling for adults, children, adolescents



Is there something you need to talk about but you don't know where to start?

Trying to talk about things that are private, upsetting or difficult can be daunting and feel risky. Yet I know from personal experience how transformative it can be to talk at these times.

I am Helen and I have several years of experience as a counsellor supporting clients through a wide variety of issues such as anxiety and stress, anger, trauma, loss, depression, facing illness, eating disorders, and relationship difficulties.

As a counsellor I aim to provide a secure and confidential environment in which people can have the time, space and support to explore the difficulties in their life and find meaningful ways forward. My approach acknowledges the importance of creating a respectful, empathic and trusting relationship with clients. Research has shown that this kind of therapeutic relationship creates the possibility for a person to come to terms with the issues they are facing and move forward in meaningful and positive ways.

I use an integrative counselling model. This means I draw from a variety of approaches that allows me to tailor counselling to each person's unique needs. I draw from person-centred, psychodynamic and cognitive behavioural models as well as Transactional Analysis and models that acknowledge the influence of relational interactions.

I am experienced in working with adults, children (4+), adolescents (13+) and young adults.

Qualifications

I have an honours degree in counselling from the University of Roehampton and am a registered member of the British Association for Counselling and Psychotherapy (BACP), working at all times within their ethical framework. I am committed to Continuing Professional Development (CPD) and regular supervision, which ensures the quality of my work is maintained.

- BA (hons) Counselling
- BACP Registered Member (British Association for Counselling and Psychotherapy)
- Experienced at working with children and adolescents, trained with Place2Be

Rates as of June 2017

Assessments: £45

Counselling sessions: £45 per 50 minute session