

Edward Hillier



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.

I am a fully qualified and registered counsellor with the BACP (British Association of Counsellors and Psychotherapists) and I subscribe to their codes of conduct and ethics. You can find out more about this by looking at their website www.bacpregister.org.uk. The main goal of therapy is to develop understanding of your thoughts, behaviours and feelings. I work with a range of issues including, work related stress, low self esteem, anxiety, bereavement, depression, trauma, addictions and abuse. However, often people come to counselling because they feel they have lost their way in life and are looking for ways to explore the question "is this all there is?" Effective therapy can be as short as a single session or it can last several years; my approach involves putting your needs at the centre of the work and working at a pace that suits you.