

My name is Helen Attridge and I'm a qualified counsellor, although during and since my 2 years Diploma in Psychotherapeutic Counselling course, I have amassed over 200 sessions with clients, and am not inexperienced.

I have an integrative approach which allows me to draw on many different approaches - through my practical experience I firmly believe that no single approach to therapy fits all. I therefore tailor my approach to what each client wants and needs and have a very open, non-judgemental approach which my clients tell me put them at ease from very early on in our relationship. I also believe in educating my clients as we go so that they understand more about themselves, their pasts, and useful coping strategies, and can use it as a future tool to help themselves in later life, independent of myself. I am a qualified member of the BACP and I subscribe to their code of ethics and am happy to work flexible hours, including evenings and Saturdays, to suit the needs and preferences of my clients.

I have experience in both long and short-term therapy (effective therapy can be as short as a single session or it can last several years), and have worked with clients experiencing:

- Anxiety
- Depression
- Post-natal depression
- Bereavement and loss
- Stress
- Sexual and gender issues
- Child abuse and trauma
- Infertility - area of interest
- Eating disorders

Please feel free to get in touch to discuss your needs and how I can help.