



- In Person-Centred Counselling, the relationship is at the heart of the therapy
 - My aim is to create a safe, trusting space grounded in kindness
 - You will not be judged, analysed, or told what to do
 - Feeling safe and truly heard can open the door to honest exploration
- Though no one can feel what you feel, I will work to understand your experience and be alongside you
- I offer supportive guidance drawn from many years of therapeutic and life experience
 - My role is to support you as you make sense of what's happening in your life
 - Many people find that being genuinely heard and accepted can help them see things more clearly
 - Being truly heard can be the catalyst for positive change
 - Change happens in small, steady steps