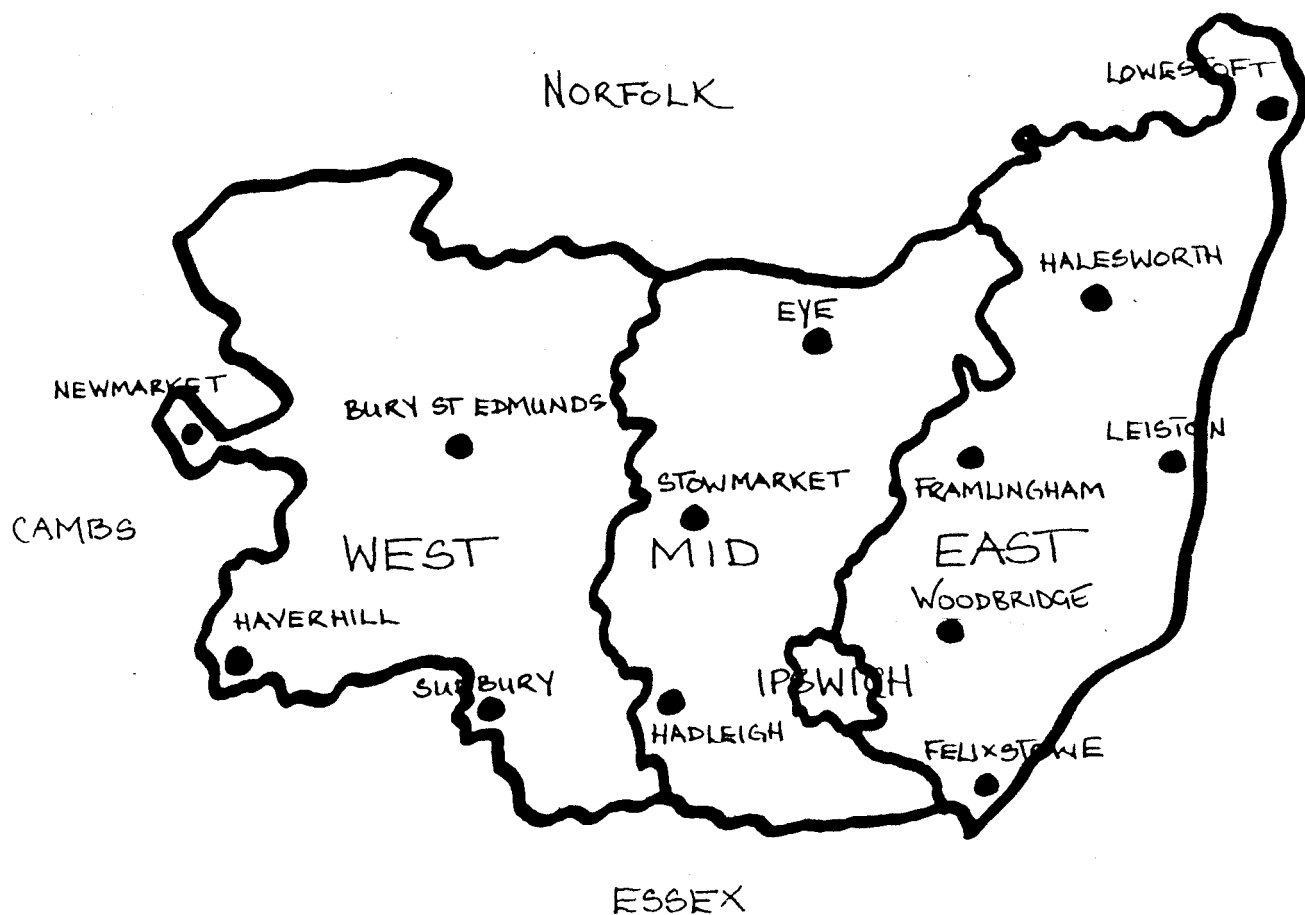




Produced by:

**Suffolk Association
for Counselling**

DIRECTORY 2011



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March 2011

Please note that any entry in the Directory
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Further copies of this Directory are available from:

Suffolk Association for Counselling
c/o Sharward Services Ltd
Westerfield Business Centre, Main Road, Westerfield, Ipswich IP6 9AB
Tel: 01473 212113 Fax: 01473 212114
Email: services@sharward.co.uk

Part I – Individual Counsellors

West Suffolk

| | | |
|------------------------|----------|----|
| BERMAN (MA) | Ingeborg | 2 |
| BOWERS | Kim | 2 |
| BURKINSHAW | Heather | 4 |
| CLARKE | Pat | 5 |
| CROW | Gilly | 7 |
| CUTLER | Vernon | 7 |
| FOX | Amanda | 9 |
| GISBY | Anne | 10 |
| HARBRIDGE | Nicola | 11 |
| HENDERSON | Marianne | 12 |
| HOLLOWAY | Jessica | 12 |
| IRVING | Greta | 13 |
| LOUKES | Jane | 16 |
| LOVEGROVE | Jill | 16 |
| MALLION | Bill | 17 |
| MARSHALL | Hazel | 17 |
| PARLATO | Imma | 20 |
| PRESS | Marion | 21 |
| RICHARDSON | Jayne | 22 |
| RIDDIFORD | Judy | 22 |
| ROURKE | Dawn | 23 |
| SCASE BSc (Hons) Psych | Sue | 24 |
| SILVER | Edward | 25 |
| SMYTH | David | 26 |
| TAYLOR | Emma | 27 |
| WESTOBY | Julia | 31 |
| WHITEHEAD | June | 31 |
| WHITING | Hayley | 32 |
| WIGHTWICK | Helen | 32 |
| WIMBUSH | Annie | 33 |
| WOODS | Mo | 33 |

Mid Suffolk

| | | |
|-----------|-----------|----|
| ASPINALL | Tricia | 1 |
| BROOKS | Mary | 3 |
| BROWN | Dawn | 3 |
| CANTWELL | Christine | 5 |
| CHALLIS | Barbara | 5 |
| CLARKE | Pat | 5 |
| GREEN | Mari | 10 |
| HENDERSON | Marianne | 12 |
| HOPE | Mary | 12 |
| JACKSON | Sara | 13 |
| KEEGAN | Linda | 14 |
| LOUKES | Jane | 16 |
| MACKICHAN | Claire | 17 |

| | | |
|------------------------|---------|----|
| MARSHALL | Hazel | 17 |
| MEISTER B.A. | Suzanne | 18 |
| MONK | Donna | 18 |
| PALMER | Mike | 19 |
| PRESS | Marion | 21 |
| ROURKE | Dawn | 23 |
| SCASE BSc (Hons) Psych | Sue | 24 |
| WADE | Gloria | 28 |
| WARNER | David | 29 |
| WIGHTWICK | Helen | 32 |

Ipswich

| | | |
|--------------|-------------|----|
| BUCKLEY | Mike | 4 |
| BURLEIGH | Comilla | 4 |
| COLLIS | Judith | 6 |
| GAYLARD | Mandy | 9 |
| GRAVELL | Rosemary | 10 |
| HART | Christopher | 11 |
| HOLLOWAY | Jessica | 12 |
| JACKSON | Sara | 13 |
| JAY | Judi | 13 |
| JOHNSTON | Di | 14 |
| KEEGAN | Linda | 14 |
| KEMP | Dawn | 15 |
| LAST | Liz | 15 |
| LOUKES | Jane | 16 |
| MEISTER B.A. | Suzanne | 18 |
| MOORE | Maureen | 19 |
| PEACHEY | Lois | 20 |
| PINDER | Christine | 20 |
| POTTER | Heather | 21 |
| RÖHRIG | Angelika | 23 |
| ROURKE | Dawn | 23 |
| SALMON | Alison | 24 |
| SARGEANTSON | Elizabeth | 24 |
| SHARPE | Chris | 25 |
| STANLEY | Caroline | 27 |
| STRETTON | Julia | 27 |
| THROWER | Pauline | 28 |
| WADE | Gloria | 28 |
| WARD | Brian | 29 |
| WASS | Colin | 30 |
| WELHAM | Des | 30 |
| WELHAM | Katie | 31 |
| WHITTON | Joan | 32 |
| WILMAN | Julie | 33 |

East Suffolk

| | | |
|--------------|-----------------------|----|
| ALLWOOD | Marian | 1 |
| BARCLAY | Biddy | 1 |
| BATTYE | Rose | 2 |
| COLLIS | Judith | 6 |
| DENA | | 7 |
| FARRELL | Sonya | 8 |
| FELL-CLARK | BACP (Accred) Suzanne | 8 |
| GARDNER | Karen | 9 |
| HENDERSON | Marianne | 12 |
| JOHNSTON | Di | 14 |
| KEMP | Dawn | 15 |
| KEY | Siobhan | 15 |
| LEIGHTON | Felicity | 16 |
| LOUKES | Jane | 16 |
| MAWSON | Tikkii | 18 |
| MEISTER B.A. | Suzanne | 18 |
| NASH | Jan | 19 |
| POTTER | Heather | 21 |
| ROBERTS | Sue | 23 |
| ROURKE | Dawn | 23 |
| SCOTT | Robina | 25 |
| SMYTH | David | 26 |
| STAINES | Maureen | 26 |
| THOMSON | Sally | 28 |
| WADE | Gloria | 28 |
| WALLER | Rosa | 29 |
| WASS | Colin | 30 |
| WATTS | Madeline | 30 |

Suffolk/Norfolk Border

| | | |
|----------|--------|----|
| FARRELL | Sonya | 8 |
| HAMILTON | Claire | 11 |

Part 2 – Counselling Agencies

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| | | |
|------------------------|-----------|----|
| ASPINALL | Tricia | 41 |
| BATTYE | Rose | 41 |
| BERMAN (MA) | Ingeborg | 41 |
| BROOKS | Mary | 42 |
| BURLEIGH | Comilla | 42 |
| CHALLIS | Barbara | 42 |
| CROW | Gilly | 43 |
| FARRELL | Sonya | 43 |
| FOX | Amanda | 43 |
| JOHNSTON | Di | 44 |
| KEEGAN | Linda | 44 |
| LOVEGROVE | Jill | 44 |
| MALLION | Bill | 45 |
| NASH | Jan | 45 |
| PINDER | Christine | 45 |
| PLOWMAN | Polly | 46 |
| SARGEANTSON | Elizabeth | 46 |
| SCASE BSc (Hons) Psych | Sue | 46 |
| SHARPE | Chris | 47 |
| STAINES | Maureen | 47 |
| STRETTON | Julia | 47 |
| TATTERSALL | Seija | 48 |
| WADE | Gloria | 48 |
| WALLER | Rosa | 48 |
| WASS | Colin | 49 |
| WHITING | Hayley | 49 |
| WIGHTWICK | Helen | 49 |
| WILMAN | Julie | 50 |
| WIMBUSH | Annie | 50 |

Part 5 Counselling and CPD Training

| | |
|--|---|
| BILL MALLION 01284 755059 | Person Centred See COUNSELLOR entries |
| CHRIS SHARPE TRAINING AND DEVELOPMENT 01473 278123 | Integrative See TRAINING entries |
| DAVID WARNER 07789 002828 | Gestalt See COUNSELLOR entries |
| DI JOHNSTON TRAINING COURSES 07904 379388 | Integrative See TRAINING entries |
| DYNAMIC CHOICE CONSULTING 01284 755059 | Choice Theory See TRAINING entries |
| HELEN WIGHTWICK 01284 767054 | Psychodynamic Supervision See COUNSELLOR entries |
| INSPIRE COUNSELLING AND TRAINING 01473 217694 | Person Centred and Integrative See AGENCY entries |
| IPSWICH CONCERN COUNSELLING CENTRE 01473 212788 | See AGENCY entries |
| MARIANNE HENDERSON 01986 872 392 | Integrative Psychodynamic See COUNSELLOR entries |
| ROBINA SCOTT (PRH ENGLAND) 01502 722589 | Rogerian Inspired Positive Psychology See TRAINING entries |
| SONIA RICHARDS 01728 663757 | Psychodynamic, psychoanalytic See COUNSELLOR entries |
| TESSA JORDAN 01473 728498 | Bach Flower Remedies See TRAINING entries |
| UNIVERSITY OF ESSEX 01206 873745 | Psychoanalytic, Jungian See TRAINING entries |

Introduction

2011 is the twenty-first year for the Suffolk Association for Counselling (SAC) and this Directory is the nineteenth produced. It is the most comprehensive available for anyone seeking a Counsellor or Counselling Supervisor in Suffolk. The information is updated yearly and is presented in a format that encourages comparison between the entries.

Only Counsellors who belong to a professional organisation and who hold public liability insurance are listed in the SAC Directory. This means you can be assured that all Counsellors listed have undertaken to uphold a code of ethical good practice, against which they can be held to account.

We hope that this Directory will enable you to make an informed choice about the Counsellors, Counselling Supervisors or Agencies you approach. To this end, hints about finding a counsellor are included on pages x-xii, and a description of different counselling approaches, as well as a glossary of counselling terms and phrases and the meaning of abbreviations used in entries, can be found at the end of the Directory. There is a section on Counselling Training Providers and you will also find a list of contact numbers for most core counselling courses in and around Suffolk on page iv.

The SAC Directory is available on line at www.suffolkassociationforcounselling.org.uk and the hard copy is distributed free to many agencies, GPs, libraries etc in and around Suffolk. If you would like your own free copy, or further copies, of this Directory please contact:

The Suffolk Association for Counselling,
c/o Sharward Services Ltd,
Westerfield Business Centre,
Main Road,
Westerfield,
Ipswich,
Suffolk IP6 9AB

Telephone: 01473 212113
Fax: 01473 212114
Email: services@sharward.co.uk

David Warner
Directory Coordinator 2011

THE SUFFOLK ASSOCIATION FOR COUNSELLING

The Suffolk Association for Counselling was founded in 1990. It has a management committee and it also produces a quarterly newsletter. The aims of the Association are to -

- ◆ facilitate the exchange of information and ideas about counselling;
- ◆ facilitate mutual support for members;
- ◆ provide a network of contacts in the counselling movement;
- ◆ organise events, conferences, meetings and training;
- ◆ promote good professional practice;
- ◆ raise public awareness of counselling.

Membership is open to individuals with an interest in counselling and the aims of the Association.

SAC is not a 'professional association' in the sense of providing a code of practice and ethics or a complaints procedure. Members must not use membership of SAC in advertising or directories to enhance their professional status.

Please see page (i) for contact details.

NATIONAL ASSOCIATIONS

There are a number of national associations operating a code of ethics to which their professional membership are bound. The most commonly used are -

British Association for Counselling and Psychotherapy (BACP)

BACP is established:

- i to promote and provide education and training for counsellors and/or psychotherapists working in either professional or voluntary settings, whether full or part time, with a view to raising the standards of counselling and/or psychotherapy for the benefit of the community and in particular for those who are the recipients of counselling and/or psychotherapy; and
- ii to advance the education of the public in the part that counselling and/or psychotherapy can play generally and in particular to meet the needs of those members of society where development and participation in society is impaired by mental, physical or social handicap or disability.

Counsellors who have been accredited by BACP (see Accreditation of Counsellors) may register on the United Kingdom Register of Counsellors and describe themselves UKRC Reg. Ind. Counsellor.

The Association can be contacted at -

BACP House, 15 St John's Business Park, Lutterworth, Leicestershire LE17 4HB

Tel: 01455 883300

Web: www.bacp.co.uk

United Kingdom Council for Psychotherapy (UKCP)

The UKCP's purpose is to promote the art and science of psychotherapy for the public benefit; to promote research and education in psychotherapy and disseminate the results of any such research; and to promote (or assist in the promotion, preservation and protection of public health by encouraging) high standards of training and practice in psychotherapy and the wider provision of psychotherapy to the public.

United Kingdom Council for Psychotherapy

2nd Floor, Edward House, 2 Wakley Street, London EC1V 7LT

Tel: 020 7014 9955

Web: www.psychotherapy.org.uk

British Psychological Society (BPS)

BPS has three major aims:

- ◆ to encourage the development of psychology as a scientific discipline and an applied profession;
- ◆ to raise standards of training and practice in the application of psychology;
- ◆ to raise public awareness of psychology and increase the influence of psychological practice in society.

British Psychological Society

St Andrews House, 48 Princess Road East, Leicester LE1 7DR

Tel: 0116 254 9568

Web: www.bps.org.uk

There are a number of other national organisations that operate a Code of Ethics under professional membership. Details are available through your local library.

Independent Practitioners Network (IPN)

The Independent Practitioners' Network (previously the Independent Therapists' Network) does not have a published national code of ethics. It is an alternative structure for validating and monitoring therapists, counsellors, facilitators, and others in the field. Founded in November 1994, its central concept is that membership is by peer group. The members of each peer group (of at least five practitioners) stand by each other's work, and also by the work of at least two other member groups to which they are linked. In this way a web of self and mutual responsibility is woven, where loss of confidence in an individual or group will mean that links are withdrawn and their membership will lapse.

The contact for the Eastern Region is:

Grace Lindsay, c/o 14 Alpha Street, March, Cambridgeshire PE15 8LT

Tel: 07882 295699

Web: www.i-p-n.org

FURTHER INFORMATION

Counselling Training Courses

All counsellors in the Directory have completed a recognised training. Some may have completed many different types of training, others may have completed one training course. BACP has a list of current recognised courses, and has developed guidelines and criteria for in-depth courses (one year full-time, two or three years part-time).

There are many other training courses in the UK that offer a variety of models and skills training. Counsellors make a commitment to ongoing training and personal development. This is referred to in the Individual Counsellors Section as 'Ongoing'.

Accreditation of Counsellors

Several organisations have an accreditation scheme. Not all counsellors are accredited and, at present, there is no requirement to be accredited in order to practice. Professional standards are maintained through supervision, good quality training, carefully building experience and observing a code of ethics.

Supervision

The main purpose of supervision is to ensure that the counsellor is addressing the needs of the client. Supervision can be with individual supervisors or in groups and is a fundamental requirement of most codes of ethics. Material taken to a supervisor about a client is anonymous and confidential.

GUIDELINES FOR CLIENTS

Counselling

Most approaches are based on talking things over with the Counsellor in confidence but Counsellors work from a variety of theoretical approaches with their clients. These approaches range from the type of psychoanalysis originally practised by Sigmund Freud, and other forms of analytic psychotherapy, through to the behavioural therapies, often used for addressing specific phobias and anxieties, to humanistic and transpersonal therapies, based on personal growth and self development. You will find more details about those approaches and an explanation of some of the terms and abbreviations used by individual counsellors on pages 54-58.

Counselling can assist in developing some understanding of your problems, recognition of and drawing on your own strengths, in order to make sense of your unhappiness and to develop insight into your troubles. It can also guide you from feeling a victim of circumstances, towards seeing an overall picture, and offer the opportunity to begin an approach to your life in a fresh and more resourceful way.

Counselling is not about giving advice, making judgments or imposing moral or other values.

When might I need a Counsellor?

Counselling is often requested by people facing changes in their lives, or with choices that appear baffling or frightening. As a result they may feel confusion, unhappiness or distress.

At times all of us feel worried or depressed - we find ourselves saying 'I can't cope', 'I don't know which way to turn', or 'I feel so alone'.

These feelings can be caused by a wide range of situations, such as the death of a loved one, not getting on with a family member or partner, problems at work or in education. There are times in our life when we don't know where to go next or find we are repeating patterns of behaviour that cause unhappiness.

You may feel that you would prefer not to speak to family, friends or neighbours for a range of reasons - perhaps so as not to burden them. This may be a good time to talk to a counsellor.

How much counselling do I need?

Counselling can be short or long term. The individual client's needs and the type of counselling will determine how long this should be. Sometimes deep-rooted problems may take longer. Usually you will attend regular sessions over an agreed or open-ended period. Some clients prefer a few sessions then a pause followed by a few more. Low cost counselling is sometimes limited to a maximum number of sessions. Individual sessions are usually 50-60 minutes.

How much will it cost?

Fees in Suffolk vary from about £25 - £70 per session with most counsellors charging about £35 - £40 per session. Generally speaking counsellors with less experience charge less than more experienced counsellors and many counsellors offer some lower cost places.

Many GP Practices in Suffolk offer counselling that is free to the client, provided through the Primary Care Trust. This is usually limited to a maximum number of sessions and there is no choice about who provides the counselling. Some agencies, trusts and colleges offer low cost or free services. These organisations usually use volunteer and sometimes trainee counsellors. The SAC Directory lists charges for individual counsellors and agencies, and each entry also gives you some idea of the level of experience.

Finding the right Counsellor

Finding the right counsellor will be based on what approach you need and practicalities such as location, accessibility and cost. Most importantly it also needs to be based on how you feel about the counsellor and whether you feel comfortable in openly telling him/her about yourself. The relationship between you and the counsellor is critical and remember, however unhappy you feel, it is you who chooses. Most counsellors offer an initial meeting, which may be free of charge, to give you an opportunity to ask questions and to assess whether you feel comfortable with him/her. You may then agree to try a few sessions or continue looking for the right counsellor.

Ask questions and find out as much information as possible before you start.

- Ask if the counsellor deals with a specialist area which is important to you (eg relationships, drugs or alcohol, HIV/AIDS, bereavement). You may prefer to work with a woman or man or someone with some understanding of your culture or sexuality.
- Ask about the counsellor's training, experience, supervision, their personal experience of counselling. Ask if they subscribe to a code of ethics and belong to a professional organisation.
- Ask about anything else you feel you need to know. Making the 'contract' like this is a fundamental part of most counsellors' training and will help to make the sessions mutually clear and explicit. You may want to ask about:
 - fees or charges including the policy for cancellations or missed appointments;
 - how often and how long will you have sessions;
 - where and when you will see the counsellor;
 - what about confidentiality;
 - how you will be counselled.

What if the counselling isn't going well or doesn't 'feel' right?

If you feel that the counselling is not going well you might be able to talk to your counsellor about your concerns and review how things are going. You may then be able to make changes to the way you are working together.

At any time you are free to change your counsellor and you should check your contract, or with your counsellor, about how to end the sessions.

If you think your counsellor has breached their code of ethics you may wish to make a formal complaint to the professional association or organisation to which they belong. All counsellors listed in the

directory are required to state the professional associations to which they belong and to whose ethics they subscribe. Please note: SAC itself is not such an organisation.

Finally

Several hundred thousand people see a counsellor each year. Many of us will visit a counsellor at some time in our lives and find the process useful.

We hope that you find the information in the Introduction and the Directory useful and that it will assist you on your journey.

Individual Counsellors

| | |
|---------------------------------|---|
| ALLWOOD | Marian |
| Telephone | 01394 384575 |
| Address | 29 Warren Hill Road, Woodbridge IP12 4DU |
| Email / Website | marian_allwood@btinternet.com |
| Professional Assoc. | MBACP (Accred.) |
| Counselling Training | Adv. Dip. in Integrative Counselling, (Matrix College of Counselling and Psychotherapy) '04. Certificate in Supervision, (Matrix College of Counselling and Psychotherapy) '08. |
| Ongoing | Professional development. |
| Counselling Experience | Approximately 2,300 hours |
| Telephone Times | Any time - answerphone |
| Counselling Availability | By arrangement |
| Counselling Offered | General integrative counselling, including issues of trauma, for individuals. |
| Fees | £35 per hour |
| | Disabled Access No |

| | |
|---------------------------------|--|
| ASPINALL | Tricia |
| Telephone | 01449 723433 |
| Address | Stone Croft, Valley Road, Battisford, Stowmarket IP14 2HH |
| Email / Website | tricia@bethell.demon.co.uk |
| Professional Assoc. | BACP Accredited Counsellor, UKRC Independent Counsellor |
| Counselling Training | Cert. Counselling and Groupwork, Uni. of Cambridge Institute of Continuing Ed. '98 • Adv. Cert. Therapeutic Counselling, CPCAB '99 • West Suffolk College Dip. in Person-centred, Psychodynamic Counselling '01. |
| Ongoing | Continuing professional development. |
| Counselling Experience | More than 3,000 hours over 12 years |
| Telephone Times | Day or evening |
| Counselling Availability | Day or evening appointments |
| Counselling Offered | Short/long-term client-centred therapy for individuals. Experience in sexual abuse, bereavement, ME, depression, stress and relationship problems. |
| Fees | £40 per session, negotiable for students and those on benefits etc |
| | Disabled Access No |

| | |
|---------------------------------|---|
| BARCLAY | Biddy |
| Telephone | 01728 454007 |
| Address | Near Aldeburgh |
| Email / Website | biddybarclay@btinternet.com |
| Professional Assoc. | IATE, UKCP Reg. |
| Counselling Training | Dip. Integrative Arts Psychotherapy, IATE London '99 • Dip. Group Therapy and Group Dynamics '06 • Cert. Person-Centred Couples Counselling '10 |
| Ongoing | Regular CPD |
| Counselling Experience | More than 5,000 hours over 15 years |
| Telephone Times | Monday - Friday, daytime/early evening |
| Counselling Availability | Tuesdays, Fridays |
| Counselling Offered | Different arts media (sand-tray, visual arts, instruments, movement, visualisation, etc) used as appropriate in counselling, psychotherapy and therapeutic group work. Individuals all ages, groups and couples |
| Fees | £45 |
| | Disabled Access No |

Individual Counsellors

BATTYE Rose
Telephone 01502 716033
Address Ivy House Farm, Gillingham, Beccles NR34 0HD
Email / Website
Professional Assoc. MBACP Senior Reg. Practitioner, UKRC Reg. Ind. Counsellor, UKCP Reg. Psychotherapist
Counselling Training Dip. Person Centred Counselling and Psychotherapy FDI Britain '88 • Adv. Dip. in Transpersonal Psychology, Centre for Transpersonal Psychology '04 • Sensorimotor Psychotherapy Training (SPI) in Attachment, Development and Trauma '09 • SPI Advanced Trauma Training '10

Ongoing
Counselling Experience More than 12,000 hours over 22 years
Telephone Times 9.00am - 7.00pm including answerphone at all times
Counselling Availability Tuesday - Friday, 8.00am - 6.00pm
Counselling Offered Humanistic and integrative approach based upon my commitment to the person-centered approach and informed by other learnings, including cognitive therapy, transpersonal psychology and body-centred psychotherapy training.

Fees £45 - negotiable **Disabled Access** No

BERMAN (MA) Ingeborg
Telephone 01284 702932
Address 33 Sussex Road, Woodfield Park, Bury St Edmunds IP32 6TE
Email / Website
Professional Assoc. UKCP (United Kingdom Council for Psychotherapy), IPSS, EACP
Counselling Training Dip. Psychoanalytic Psychotherapy '98 • MA Psychoanalytic Studies, Uni. of N London '98 • Cert. in Counselling, Uni. of Cambridge '94

Ongoing Continuing professional development as required by UKCP
Counselling Experience More than 5,500 hours over 18 years
Telephone Times Day time plus 24 hour answerphone
Counselling Availability By appointment
Counselling Offered My clients' wellbeing is of paramount importance. I dedicate myself fully to your service. Excellent success with depression, anxiety, panic, self-harm, relationships, self-realisation and much more.

Fees £30 - £50 negotiable - low cost places are available **Disabled Access** Some

BOWERS Kim
Telephone 01638 552453 or Mobile: 07905 699253
Address 18 Park Lane, Newmarket CB8 8AX
Email / Website kim.bowers2@yahoo.co.uk www.kimbowers.co.uk
Professional Assoc. BACP
Counselling Training Dip. Person-centred and Psychodynamic Counselling, West Suffolk College '98 • Person-centred and Psychodynamic Post Diploma '01

Ongoing CPD and commitment to personal development
Counselling Experience More than 500 hours over 6 years
Telephone Times 9.00am - 5.00pm, Monday - Thursday, answerphone
Counselling Availability 9.00am - 5.00pm, Monday - Thursday, answerphone
Counselling Offered Working with individuals who wish to explore and gain understanding into issues past or present that are affecting their lives.

Fees £35 - Some concessions available **Disabled Access** No

Individual Counsellors

| | | |
|---------------------------------|---|-----------------------------|
| BUCKLEY | Mike | |
| Telephone | 01473 212564 | |
| Address | Horseshoe Lodge, Bramford Road, Ipswich | |
| Email / Website | mike@hypnotherapyipswich.com | www.hypnotherapyipswich.com |
| Professional Assoc. | UKCP, MNCP, MGHR | |
| Counselling Training | BSc Integrative Counselling (Hons), Matrix Course, Middlesex Uni. '10 • Dip. Counselling, CSCT, Associated Examination Board '99 • Adv. Dip. Hypnotherapy/Psychotherapy, School of Analytical and Cognitive Hypnotherapy '01 • Dip. Hypnotherapy, School of Analytical and Cognitive Hypnotherapy '00 | |
| Ongoing | MA Counselling at University of East Anglia | |
| Counselling Experience | More than 5,000 hours over 11 years | |
| Telephone Times | 9.00am - 9.00pm, 24-hour answerphone | |
| Counselling Availability | 12.00noon - 8.00pm, Monday - Friday | |
| Counselling Offered | Professional, confidential and effective help for emotional, psychological and physical problems. Relieving symptoms of anxiety, stress, depression, anger, fears and more. Helping you discover and be yourself with confidence. | |
| Fees | £45 - concessions may be available | Disabled Access Yes |

| | | |
|---------------------------------|---|---------------------------------------|
| BURKINSHAW | Heather | |
| Telephone | 01353 624375 | |
| Address | The Purple Feather Counselling & Play Therapy Service, 83 Clay Street, Soham, Nr Ely CB7 5HL | |
| Email / Website | saccounsellor@thepurplefeather.co.uk | www.thepurplefeather.co.uk |
| Professional Assoc. | BACP Accred. | |
| Counselling Training | Dip. in integrative counselling, NCFE '06 • PG Dip. in Therapeutic Play, Canterbury Christchurch Uni. '09 | |
| Ongoing | Dip. in Cognitive Behavioural Therapy, NCFE | |
| Counselling Experience | More than 1,200 hours over 5 years | |
| Telephone Times | Daytime and early evenings | |
| Counselling Availability | Daytime and early evenings | |
| Counselling Offered | Integrative counselling for a variety of emotional issues (such as depression, anxiety, low self-esteem, relationship problems and play therapy (age 3+) with emotional needs (after parental divorce etc). | |
| Fees | £30 per session - concessions available | Disabled Access By arrangement |

| | | |
|---------------------------------|--|----------------------------|
| BURLEIGH | Comilla | |
| Telephone | 01473 730467 | |
| Address | Scotsfield House, Copdock, Ipswich IP8 3JS | |
| Email / Website | comilla@btinternet.com | |
| Professional Assoc. | MBACP | |
| Counselling Training | Dip. Humanistic Person-Centred Counselling, Colchester Inst. (BACP Accred.) '04 • Dip. Prof. Studies (Counselling) APU '04 • Cert. Marital Counselling, Ripon and York St John '00 • Cert. Facilitating Adult Learning, c/o York St John '07 | |
| Ongoing | Diploma in counselling supervision, workshops | |
| Counselling Experience | More than 2,100 hours over 10 years | |
| Telephone Times | Seven days answering service | |
| Counselling Availability | Weekdays and evenings by appointment | |
| Counselling Offered | Integrative, humanistic person-centred counselling offered to individuals and couples, short/long term across a range of issues. | |
| Fees | £40 (individuals), £50 (couples) - negotiable | Disabled Access Yes |

Individual Counsellors

CANTWELL **Christine**
Telephone 01449 675974
Address Raedan House, 12 Childer Road, Stowmarket IP14 IPP
Email / Website christinecantwell@btinternet.com
Professional Assoc. BACP
Counselling Training Cert. Person Centred Psychodynamic Counselling, Cambridge University, '90 - '93 • Cert. Parks Inner Child Therapy '94
Ongoing Continuing Professional Development Group, Phoenix Consultation Group. Various Workshops.
Counselling Experience More than 3,600 hours over 16 years
Telephone Times Answerphone
Counselling Availability By appointment
Counselling Offered Professional and confidential counselling for individuals over 16 years. Experienced in mental health and working with survivors of sexual abuse, relationship difficulties, depression and low self esteem.
Fees £20 - £35 per session according to ability to pay **Disabled Access** Some

CHALLIS **Barbara**
Telephone 07905 033301
Address Stonham Aspal IP14 6DG
Email / Website barbarachallis@btinternet.com
Professional Assoc. British Association for Counselling and Psychotherapy (BACP)
Counselling Training Diploma - Psychodynamic Counselling, WPF/Sycamore '98 • Diploma - (Adv) in Counselling - Person Centred/Egan, '02
Ongoing CPD seminars and groups
Counselling Experience More than 3,000 hours over 12 years
Telephone Times 9.00am - 5.00pm
Counselling Availability Flexible days and evenings
Counselling Offered Psychodynamic / Integrative counselling, long and short term, for individuals and couples. Experienced in a wide range of issues including self-harm, depression, eating disorders and "inner child". Creative methods used.
Fees £30 per session (negotiable) **Disabled Access** Some

CLARKE **Pat**
Telephone 01449 736202 / 07960 519989
Address Post Office Cottage, Felsham, Bury St Edmunds IP30 0PJ
Email / Website pocottpat@yahoo.co.uk www.talkaswewalk.co.uk
Professional Assoc. BACP
Counselling Training Dip. NVQ 3 Person-Centred/Psychodynamic Counselling, West Suffolk College '03-'06 • Gestalt Foundation Course '07
Ongoing CPD
Counselling Experience More than 400 hours over 4 years
Telephone Times 01449 736202 5.00pm-6.00pm
Counselling Availability Tuesday, Wednesday, Friday
Counselling Offered Midwifery Counselling, West Suffolk Hospital. Pregnancy, early loss, bereavement, stress, illness - including cancer and terminal.
Fees £30 **Disabled Access** No

Individual Counsellors

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|---------------------------------|--|----------------------------|
| COLLIS | Judith | |
| Telephone | 01394 460384 | |
| Address | Bromeswell, Woodbridge | |
| Email / Website | judithcollis@keme.co.uk | |
| Professional Assoc. | BACP Accred. UKRC Reg. Ind. Counsellor | |
| Counselling Training | Higher Nat. Dip. Integrative Counselling, Brooklands College, Weybridge '96 • Prelim. Cert. Crisis, Trauma and PTSD Counselling - Centre for Stress Management '98 | |
| Ongoing | Continuing Professional Development | |
| Counselling Experience | More than 5,500 hours over 15 years | |
| Telephone Times | 8.00am - 8.00pm otherwise answerphone | |
| Counselling Availability | Monday - Friday by appointment | |
| Counselling Offered | Short term/longer term counselling using an integrative, cognitive behavioural approach for a broad range of difficulties: anxiety, panic, depression, stress related, relationship difficulties, low self esteem and personal crisis. | |
| Fees | £30 | Disabled Access Yes |

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| COLLIS | Judith | |
| Telephone | 07831 138010 | |
| Address | 10 St Margaret's Green, Ipswich IP4 2BS | |
| Email / Website | judithcollis@keme.co.uk | |
| Professional Assoc. | BACP Accred. UKRC Reg. Ind. Counsellor | |
| Counselling Training | Higher Nat. Dip. Integrative Counselling, Brooklands College, Weybridge '96 • Prelim. Cert. Crisis, Trauma and PTSD Counselling - Centre for Stress Management '98 | |
| Ongoing | Continuing Professional Development | |
| Counselling Experience | More than 5,500 hours over 15 years | |
| Telephone Times | 8.00am - 8.00pm otherwise answerphone | |
| Counselling Availability | Monday - Friday by appointment | |
| Counselling Offered | Short term/longer term counselling using an integrative, cognitive behavioural approach for a broad range of difficulties: anxiety, panic, depression, stress related, relationship difficulties, low self esteem and personal crisis. | |
| Fees | £30 | Disabled Access No |

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| COWELL | Gloria | |
| Telephone | 01638 570307 | |
| Address | Bottisham Heath Stud, Six Mile Bottom, Newmarket CB8 0TT | |
| Email / Website | glorinez@onetel.com | |
| Professional Assoc. | BACP, UKRC | |
| Counselling Training | Post-graduate in psychotherapy/psychodynamic counselling, Regents College, London '01 | |
| Ongoing | Lectures/workshops SAP, HM Prison Services, Tavistock | |
| Counselling Experience | More than 2,000 hours over 10 years | |
| Telephone Times | 8.00am - 6.00pm | |
| Counselling Availability | 8.00am - 6.00pm | |
| Counselling Offered | Combined psychodynamic/CBT counselling for individuals and couples. Goal orientated. Covering anxiety, loss, depression, trauma, family relationship, work, cultural issues. | |
| Fees | £40 per hour (1 to 1) - £50 (couples) | Disabled Access Yes |

Individual Counsellors

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|---------------------------------|---|---------------------------|
| CROW | Gilly | |
| Telephone | 01284 704807 | |
| Address | The Gables, Hengrave, Bury St Edmunds IP28 6LT | |
| Email / Website | | |
| Professional Assoc. | MBACP (Snr. Accred.), UKRC Reg. Ind. Counsellor. | |
| Counselling Training | Cert. Person-centred and Psychodynamic Counselling Univ. of Camb. '91 • Basic principles in Analytical Psychology SAP '96 | |
| Ongoing | Continuing professional development. BSc in Integrative Psychotherapy/personal therapy | |
| Counselling Experience | More than 13,000 hours over 22 years | |
| Telephone Times | 9.00am - 9.00pm, Monday-Thursday, answerphone | |
| Counselling Availability | 10.30am - 9.00pm, Monday-Thursday | |
| Counselling Offered | Creative counselling from an integrative perspective including a Jungian approach for individuals, especially those experiencing mid-life crises and seeking meaning in life. | |
| Fees | £35 per hour | Disabled Access No |

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|---------------------------------|---|---------------------------|
| CUTLER | Vernon | |
| Telephone | 01440 704762 | |
| Address | 3 Barton Drive, Kedington, Haverhill CB9 7PS | |
| Email / Website | | |
| Professional Assoc. | BACP Accred. Counsellor, UKRCP Registered Independent Psychotherapist | |
| Counselling Training | RSA Cert. in Counselling in Education, West Suffolk College '94 • MA (Counselling Studies), University of Nottingham '97 • Adv. Cert. in Person Centred Counselling, The Norwich Centre '02 | |
| Ongoing | Workshops etc | |
| Counselling Experience | More than 3,500 hours over 14 years | |
| Telephone Times | 24hour answerphone | |
| Counselling Availability | Mon-Fri, 9.00am-6.00pm by appointment | |
| Counselling Offered | My work is mainly person-centred with individuals of all ages including children and young people. Help offered: general problems including sexual abuse, eating disorders, psychosexual problems, depression and ME. | |
| Fees | £20-£30 - negotiable according to means | Disabled Access No |

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|---------------------------------|---|---------------------------|
| DENA | | |
| Telephone | 01394 278887 | |
| Address | 34 Vicarage Road, Felixstowe IP11 2LR | |
| Email / Website | dena@virgin.net | www.dena.org.uk |
| Professional Assoc. | BACP, ITA | |
| Counselling Training | Transactional Analysis Counselling '06 | |
| Ongoing | Advanced training in Transactional Analysis Psychotherapy | |
| Counselling Experience | More than 2,000 hours over 5 years | |
| Telephone Times | Voicemail when unavailable | |
| Counselling Availability | Flexible, including evenings and weekends | |
| Counselling Offered | Counselling for individuals and couples. Initial consultation is free, and printed information available on request. Please phone or email for further details. | |
| Fees | £36 (individuals) £48 (couples) - Subsidised places may be available | Disabled Access No |

Individual Counsellors

DOWDING Janet
Telephone 07940 529518
Address Ipswich IPI and IP4
Email / Website psychotherapy@janetdowding.co.uk www.janetdowding.co.uk
Professional Assoc. UKCP Registered
Counselling Training MSc. Integrative Psychotherapy, Metanoia / Middlesex 2008 • Clinical Diploma Integrative Psychotherapy, Metanoia '08 • Registered under Adoption and Children Act 2002 to offer adoption counselling, LINK Adoption Services '07

Ongoing
Counselling Experience More than 2,500 hours over 8 years
Telephone Times 24 hour answerphone
Counselling Availability Day and evening
Counselling Offered Work towards: insight, personal growth, emotional health, recovery from loss, or trauma, managing change, exploring identity and culture, integration of aspects of the self. Relationship with self, others and society.

Fees On application **Disabled Access:** Ground floor room available on request

FARRELL Sonya
Telephone 07824 380369
Address Beccles
Email / Website
Professional Assoc. MBACP, UKCP Accredited
Counselling Training BSc(Hons) Integrative Psychotherapeutic Counselling, Middlesex Uni. and Matrix '06 • Cert. in Integrative Supervision, Matrix '08 • EAGALA, Parts 1 and 2 '08 • Cert. Psychodynamic Counselling, Ipswich Concern Counselling '94

Ongoing EDMR
Counselling Experience More than 16,000 hours over 11 years
Telephone Times 9.00am - 7.00pm
Counselling Availability 9.00am - 7.00pm
Counselling Offered Integrative psychotherapy long/short term with adolescents and adults. Experienced in working with addiction, loss, abuse, depression and trauma.

Fees £40 per hour (negotiable) **Disabled Access** No

FELL-CLARK Suzanne
Telephone 01473 327707
Address The Dairy, Wall Farm, Harkstead Road, Holbrook IP9 2RQ
Email / Website sfellclark@btinternet.com
Professional Assoc. BACP Accredited Counsellor
Counselling Training Cert. Counselling Skills, WPF, '92-'94 • Intro to Group Analysis, IGA '94-'95 • Dip. in Existential Psychotherapy and Counselling '96-'97

Ongoing Practitioner skills for eating disorders and anger management
Counselling Experience More than 6,500 hours over 15 years
Telephone Times
Counselling Availability By appointment, working from home or rooms in Ipswich
Counselling Offered My work is integrative and enables clients to make choices and take charge of their lives. Experience in depression, addiction, eating problems and relationships.

Fees £35 per session + room rental in Ipswich **Disabled Access** No

Individual Counsellors

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|---------------------------------|---|
| FOX | Amanda |
| Telephone | 01284 735023 |
| Address | South West Lodge, Rede Road, Whepstead, Bury St Edmunds IP29 4ST |
| Email / Website | amanda@southwestlodge.co.uk |
| Professional Assoc. | BACP |
| Counselling Training | Relate '79 • Cambridge Consultancy '84 • MA Psychoanalysis '94 Middx University |
| Ongoing | CPD |
| Counselling Experience | More than 15,000 hours over 28 years |
| Telephone Times | Monday - Friday |
| Counselling Availability | Monday - Friday |
| Counselling Offered | Psychodynamic, psychoanalytic with individuals and couples. Long term and short term work. |
| Fees | £40 - £50 Disabled Access Yes |
| GARDNER | Karen |
| Telephone | 01394 382083 |
| Address | St John's Vicarage, St John's Hill, Woodbridge IP12 1HS |
| Email / Website | karenatherhome@btinternet.com |
| Professional Assoc. | MBACP (Accred) |
| Counselling Training | Dip. Pastoral Counselling St John's College Notts. '92 • Dip. Working with Survivors of Childhood Abuse, Person-Centred Workshops '96 • Prof. Dip. in Client-Centred Psychotherapy, IPCL '02 • Cert. in Couple Counselling, Norwich Centre, '08 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 3,750 hours over 20 years |
| Telephone Times | Anytime - answerphone |
| Counselling Availability | 8.30am - 6.00pm Wednesdays - some evenings |
| Counselling Offered | Person-centred counselling for individuals and couples. Specialise in working with survivors of childhood abuse (physical, sexual, emotional, and psychological). Bereavement and loss. Couple counselling. |
| Fees | £30 per hour Disabled Access No |
| GAYLARD | Mandy |
| Telephone | 01473 421205 or Mobile: 07884 251407 |
| Address | 117 Belle Vue Road, Ipswich IP4 2RD |
| Email / Website | mandy@mandygaylard.co.uk |
| Professional Assoc. | MBACP (Accredited) |
| Counselling Training | BA(Hons) Psychology, Uni. of London '75 • Dip. in Humanistic Person-Centred Therapeutic Counselling, Colchester Institute '00 • Dip. in Practice Based Play Therapy, PTUK '07 |
| Ongoing | Workshops |
| Counselling Experience | More than 4,700 hours over 11 years |
| Telephone Times | 24 hour confidential answerphone |
| Counselling Availability | By arrangement |
| Counselling Offered | Short and long-term person-centred counselling for adults and young people experiencing a wide range of difficulties: stress, anxiety, depression, withdrawal, lack of concentration, bereavement, illness and disability. |
| Fees | £35 (negotiable) Disabled Access No |

Individual Counsellors

GISBY
Telephone 01787 269156 or 07793 046788
Address Wickham St Pauls (Nr Sudbury), Sudbury CO9 2PW
Email / Website info@insyncservices.co.uk
Professional Assoc. MBACP
Counselling Training BSc Hons Counselling & Ed, Anglia Ruskin University '03 • Diploma Post Traumatic Stress Counselling (CBT) Richmond Fellowship 1998 • CBT and Cancer Care, Rawtenstall Hospice, Holistic Resources '03 • Professional Development in Psychosynthesis '00
Ongoing Obesity NCFED workshops and seminars
Counselling Experience More than 3,500 hours over 13 years
Telephone Times 24hour answerphone
Counselling Availability a.m. and evening
Counselling Offered I work integratively short or long term with individuals. I have specific experience in: Post Traumatic Stress; Cancer; bereavement and loss; anxiety; obesity; abuse; sexuality and sexual minority therapy.
Fees £30 **Disabled Access** No

GRAVELL
Telephone 07931 581315
Address International House, South Street, Ipswich
Email / Website rgcounselling@sky.com
Professional Assoc. BACP, UKCP (Reg.)
Counselling Training BSc. Integrative Counselling, University of Middlesex (Matrix) • '08. Dip. Integrative Counselling, Matrix '05 • Cert. Counselling, UEA '04 • Couples Counselling Cert. '09
Ongoing Regular continuing professional development
Counselling Experience More than 1,000 hours over 5 years
Telephone Times Messages can be left at any time
Counselling Availability 9.00am - 4.00pm
Counselling Offered Individual and couples counselling from an Integrative perspective, over 18 year olds.
Fees £40 per 50 min. session (negotiable). **Disabled Access** No

GREEN
Telephone 07903 100887
Address Stowmarket / Bury St Edmunds
Email / Website mari@counsellingroom.org www.counsellingroom.org
Professional Assoc. BACP Accredited Counsellor / Psychotherapist • UKRCP Reg. Independent Counsellor / Psychotherapist • Reg. Link Adoption Counsellor
Counselling Training BSc (Counselling/Psychology) • Dip. in Professional Studies • Person-Centred Counselling, Anglia Ruskin Uni. '06 • Working with Couples Cert. '07 • Dip. Neuro Linguistic Programming '08 • Dip. in Stress Management/Anger Management
Ongoing Workshops / seminars / lectures
Counselling Experience More than 2,000 hours over 6 years
Telephone Times 24hour answerphone
Counselling Availability By appointment - evening / daytime
Counselling Offered Non-judgmental humanistic counselling for couples/individuals. Long/short term. Experience: adoption - alcohol misuse - anger management - anxiety - bereavement - bullying - depression - gambling problems - relationship issues - self esteem - sex abuse - work issues.
Fees £40 - (concessions for those on benefits) **Disabled Access** Yes

Individual Counsellors

HAMILTON **Claire**
Telephone 01379 853659 or Mobile: 07986 317612
Address 36 Needham Road, Harleston, South Norfolk IP20 9JY
Email / Website claireh57@btinternet.com
Professional Assoc. BACP, UKCP
Counselling Training Intermediate Counselling Skills, OCR '02 • Dip. in Integrative Counselling, Matrix College '08 • Advanced Dip. (BSc) in Integrative Counselling, Matrix College/Middlesex Uni. '09
Ongoing
Counselling Experience More than 450 hours over 2 years
Telephone Times Any time
Counselling Availability Some evenings and some day times available
Counselling Offered I offer CBT, psychodynamic, humanistic and existential counselling, using the arts, maps and metaphors to help clients to integrate issues and elements of conflict and pain. I also counsel children.
Fees From £15 - £30 an hour (sliding scale) **Disabled Access** No

HARBRIDGE **Nicola**
Telephone 07783 391394
Address 26 High Street, Cavendish, Sudbury CO10 8AX
Email / Website counselling.suffolk@gmail.com www.counselling-suffolk.co.uk
Professional Assoc. MBACP
Counselling Training FdA Distinction Counselling '10 • Professional Development Cert. Counselling '05 • NORCAS Alcohol Abuse Training
Ongoing BA Hons. Integrative Counselling
Counselling Experience More than 200 hours over 2 years
Telephone Times Anytime - 24 hour answerphone
Counselling Availability Monday - Friday
Counselling Offered Integrative/psychodynamic for adults +12-18 years. Anxiety, stress, depression, PTSD, anger management, addiction, abuse, childhood issues, personal development, bereavement, relationship issues, OCD
Fees £20 - £30 (sliding scale) **Disabled Access** No

HART **Christopher**
Telephone 01473 720571
Address 17 Marlborough Road, Ipswich IP4 5AT
Email / Website cjhart@talk21.com
Professional Assoc. Senior Accredited Member MBACP (Snr. Accred), UKRC Reg. Ind. Counsellor
Counselling Training MA in Psychoanalytic Studies, Essex Uni. '04 • Dip. Psychosynthesis Counselling and Therapy PET London '93 • Personal Therapy • Training in Treatment of Trauma, SPI '09
Ongoing Sensorimotor Psychotherapy Level 2
Counselling Experience More than 7,000 hours over 15 years
Telephone Times 8.00am - 8.00pm
Counselling Availability By appointment
Counselling Offered I work with individuals, short or long term, to address personal, interpersonal and transpersonal difficulties including: loss, change, relationship problems, sexual identity, feelings of emptiness.
Fees £43 per 50 minute session **Disabled Access** Some

Individual Counsellors

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|---------------------------------|---|
| HENDERSON | Marianne |
| Telephone | 01986 872 392 |
| Address | Halesworth Counselling Practice & Family Consultancy, Halesworth Road, Halesworth IP19 0NA |
| Email / Website | mariannehen@onetel.com |
| Professional Assoc. | BACP, Ofsted Registered Adoption Support Agency, AIT |
| Counselling Training | Cert. Psychodynamic Counselling ICCA/Affiliated, WPF '97 • Adv. Dip. Integrative Counselling, ICPP '99 • Dip. Childhood Studies, Prof. Kohnstamm Academy, Holland '71 • Cert. VHT Family Therapy, SPIN, Holland '95 |
| Ongoing | Body-Soul workshops. Personal psychotherapy. Jungian based sandplay therapy. |
| Counselling Experience | More than 7,000 hours over 19 years |
| Telephone Times | 8.00am - 8.00pm weekdays |
| Counselling Availability | 8.00am - 9.00pm weekdays |
| Counselling Offered | Integrative / psychodynamic approach. Specialization: bonding and attachment issues. Providing services to individuals and families dealing with a wide range of difficulties: emotional, relationships, addiction, depression, anxiety, work, abuse, adoption. |
| Fees | £40 individual, £45 - £50 for couples and families - per hour Disabled Access Yes |

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| HOLLOWAY | Jessica |
| Telephone | 01449 740390 |
| Address | Stables Counselling Services, 12 High Street, Bildeston IP7 7EY |
| Email / Website | |
| Professional Assoc. | BACP Senior Registered Counsellor |
| Counselling Training | Adv. Dip. Counselling (AEB) CSCT '97 • Cert. Parks Inner Child Therapy '96 |
| Ongoing | Short courses for continuing professional development |
| Counselling Experience | More than 8,000 hours over 16 years |
| Telephone Times | 7 days - answering service |
| Counselling Availability | By appointment Tuesday, Wednesday and Thursday daytime |
| Counselling Offered | Individual counselling (integrative) and cognitive therapy for adults experiencing a wide range of difficulties, particularly anxiety, depression and low self-esteem. Assertiveness training courses. |
| Fees | £40 per 60 minute session Disabled Access Yes |

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| HOPE | Mary |
| Telephone | 07931 922207 |
| Address | Chapel Road, Old Newton, Stowmarket IP14 |
| Email / Website | maryhope43@gmail.com www.stowmarket-psychotherapy.co.uk |
| Professional Assoc. | UKCP, Member of IPSS (Institute of Psychotherapy and Social Studies) |
| Counselling Training | MA and Diploma in Psychotherapy and Social Studies, IPSS and University of London, 1997 |
| Ongoing | CBT training and ongoing professional development |
| Counselling Experience | More than 3,000 hours over 12 years |
| Telephone Times | Daytime and evening |
| Counselling Availability | By arrangement |
| Counselling Offered | Individual and couple counselling and psychotherapy in a safe setting. I also offer consultation on work-based issues. |
| Fees | £40 - reduced fee can be negotiated for those on low income. Disabled Access Yes |

Individual Counsellors

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|---------------------------------|--|---------------------------|
| IRVING | Greta | |
| Telephone | 07715 552101 | |
| Address | Little Acre, Melford Road, Lawshall, Bury St Edmunds IP29 4PX | |
| Email / Website | enquiry@gretairving.co.uk | www.gretairving.co.uk |
| Professional Assoc. | NLPtCA, UKCP | |
| Counselling Training | Dip. in Neurolinguistic Psychotherapy '08 • Master Neurolinguistic Practitioner '04 | |
| Ongoing | Minimum three days CPD per year | |
| Counselling Experience | More than 800 hours over 6 years | |
| Telephone Times | Normal office hours | |
| Counselling Availability | Day and evening appointments available | |
| Counselling Offered | Short, medium and long-term programmes for stress, anxiety, depression, personal life changes, spiritual development, emotional health, well-being, emotional support through long-term illness. | |
| Fees | £50 per session | Disabled Access No |

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| JACKSON | Sara | |
| Telephone | 07941 670828 | |
| Address | Bildeston, Hadleigh and Sudbury areas | |
| Email / Website | sarajacks@hotmail.co.uk | |
| Professional Assoc. | MBACP, UKCP Reg. | |
| Counselling Training | BSc Hons. Integrative Counselling, Matrix College of Psychotherapy and Counselling, Middlesex Uni. '10 | |
| Ongoing | MA in Counselling, UEA - Training in CRT and Focussing | |
| Counselling Experience | More than 600 hours over 3 years | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | Flexible to arrangement | |
| Counselling Offered | Integrative approach that aims to meet each client as an individual. I offer short and long-term work and have particular experience with relationship, bereavement, depression, anxiety and fulfilment. | |
| Fees | £30 (increase to £40 during 2011) | Disabled Access Yes |

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| JAY | Judi | |
| Telephone | 01473 333245 | |
| Address | 54 Wright Lane, Kesgrave, Ipswich IP5 2FA | |
| Email / Website | info@judijay.org.uk | judijay.org.uk |
| Professional Assoc. | MBACP, ACC, UKCP | |
| Counselling Training | Foundation in Christian Counselling '00 • BTI Advanced Pastoral Care and Counselling '03 • BTI Diploma Counselling '05 • BSc (Hons) Integrative Counselling, Matrix '09 | |
| Ongoing | CPD | |
| Counselling Experience | More than 900 hours over 6 years | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | By Appointment | |
| Counselling Offered | Long or short term counselling for individuals/couples to enable them to make better choices and take charge of their lives. | |
| Fees | £35 per 50 min / couples £45 | Disabled Access No |

Individual Counsellors

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|---------------------------------|---|---------------------------|
| JOHNSTON | Di | |
| Telephone | 07904 379388 | |
| Address | 10 St Margaret's Green, Ipswich IP4 2BN | |
| Email / Website | dijohnston@hotmail.co.uk | |
| Professional Assoc. | BACP Senior Accred. Counsellor, UKRC Reg., COSRT Accred. Psychosexual Therapist, UKCP Reg. Psychotherapist | |
| Counselling Training | Cert.Marital Counselling MGC (Relate) '89 • Dip. Psychosexual Therapy Relate '97 • Cert. Life Coach Newcastle College '05. MA in Women's Studies. Anglia Ruskin University '07 | |
| Ongoing | Eating Disorders; Attachment | |
| Counselling Experience | More than 14,500 hours over 25 years | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | By appointment | |
| Counselling Offered | Cognitive behavioral therapy, psychodynamic counselling and psychosexual therapy for individuals and couples. Experience of working with relationship problems, sexuality, gender, gay issues, anxiety, abuse, loss. Supervision, training and groupwork. | |
| Fees | £70 per hour | Disabled Access No |

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| JONES | Marcia Pereira | |
| Telephone | 07941 000410 | |
| Address | 2 Jennings Drift, Kesgrave, Ipswich IP5 2HA | |
| Email / Website | mpj123@hotmail.com | |
| Professional Assoc. | UKCP, UPCA | |
| Counselling Training | MA, Sheffield Uni. '03 • Dip. in Existential Counselling, MSPC London '02 • Degree in Psychology '96 | |
| Ongoing | Lectures, courses and workshops | |
| Counselling Experience | More than 3,000 hours over 10 years | |
| Telephone Times | Answerphone | |
| Counselling Availability | 9.00am - 8.00pm | |
| Counselling Offered | Counselling offered in Kesgrave and Ipswich town centre. Solution-focused, Existential or Integrative Counselling for a number of issues: depression, loss, stress, family issues, relationship problems etc. | |
| Fees | £35 - £40 | Disabled Access Yes |

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| KEEGAN | Linda | |
| Telephone | 01449 614099 or 07756 940413 | |
| Address | Stowmarket and Ipswich areas | |
| Email / Website | linda.pete.keegan@tesco.net | |
| Professional Assoc. | BACP, UKCP | |
| Counselling Training | BSc Integrative Counselling, Matrix '06 • Cert. Supervision Matrix '08 | |
| Ongoing | BACP Accreditation, Continuing Professional Development | |
| Counselling Experience | More than 4,000 hours over 12 years | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | Mon - Fri + evenings | |
| Counselling Offered | As an integrative counsellor I work with individuals and couples on a wide range of issues, relational, anxiety, depression, phobias, abuse and mental health. | |
| Fees | £32, negotiable for students and low income | Disabled Access Yes |

Individual Counsellors

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| KEMP | Dawn |
| Telephone | 01394 272645 |
| Address | Braemar, Levington Road, Felixstowe IP11 2EX |
| Email / Website | dawn.kemp@btinternet.com www.dawnkempcounselling.co.uk |
| Professional Assoc. | BACP IRT (UK), Registered Adoption Counsellor with Barnardos |
| Counselling Training | Dip. Integrative Counselling (CSCT) '99 • Cert. Reality Therapy '10 • Dip. PSTD '02 • Adoption and Attachment Counselling '06 and '09 |
| Ongoing | Reality Therapy, Choice Theory, Quality School, Lead Management and various workshops including adoption |
| Counselling Experience | More than 2,000 hrs over 11 years |
| Telephone Times | Answerphone |
| Counselling Availability | By arrangement |
| Counselling Offered | I practice reality therapy and integrative counselling, working with individuals and couples to gain an understanding of self and a sense of direction and progress. |
| Fees | £35 - £40 (individuals) £45 (couples) Disabled Access Can be arranged |

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| KEY | Siobhán |
| Telephone | 01502 731059 |
| Address | The Vicarage, 51 The Street, Corton, Lowestoft NR32 5HT |
| Email / Website | key716@btinternet.com |
| Professional Assoc. | MBACP (Accred.) UKRC (Reg. Ind. Counsellor) BPS (Graduate basis for registration) |
| Counselling Training | BA Psych.(Hons) (UNISA) '96 • Dip. in Counselling, UEA '02 • MA in Counselling Studies (UEA) '03 • Post Graduate Dip. in Cognitive Behavioural Therapy, Metanoia Institute '10 |
| Ongoing | |
| Counselling Experience | More than 3,900 hrs over 8 years |
| Telephone Times | Answer machine |
| Counselling Availability | Daytime, evening - as negotiated |
| Counselling Offered | Transition, personal development, loss and bereavement, self-esteem, trauma, anxiety, depression, relationships. Cultural: displacement, racial harassment. Employee counselling (EAP). Counselling those who have been affected by adoption (LINK/Barnados registration). |
| Fees | £40 - Concessions for those on limited income. Disabled Access Yes |

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| LAST | Liz |
| Telephone | 07739 355490 |
| Address | 2 Lawford Place, Rushmere St Andrew, Ipswich IP4 5QR |
| Email / Website | liz@pandlconsulting.fsnet.co.uk |
| Professional Assoc. | BACP |
| Counselling Training | Dip. in Humanistic Person Centred Counselling, Colchester Inst. (BAC Accred. Course) '96 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 6,500 hours over 15 years |
| Telephone Times | 24 hour answerphone |
| Counselling Availability | By arrangement |
| Counselling Offered | Humanistic person-centred counselling for individuals and couples. Long and short term. Experience in bereavement, relationship problems, anxiety, depression and work related issues. |
| Fees | £40 - negotiable Disabled Access No |

Individual Counsellors

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|---------------------------------|--|---------------------------|
| LEIGHTON | Felicity | |
| Telephone | 01502 588663 | |
| Address | 2 Fern Cottage Apartments, 43 Pakefield Street, Lowestoft NR33 0JS | |
| Email / Website | felicity.leighton@norfolk.gov.uk | |
| Professional Assoc. | BACP | |
| Counselling Training | Psychodynamic Counselling Certs, Ipswich Concern (WPF Affil.) '89, '90, '95 • Cert. Adv. Psychodynamic Theory, Ipswich Concern (WPF Affil.) '96 • Adv. Dip. Integrative Counselling, Ipswich Psychotherapy and Counselling Centre '98 • Adv. Cert. in Creative Counselling '00 | |
| Ongoing | Workshops, seminars, short courses | |
| Counselling Experience | More than 3,000 hours over 20 years | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | Days/evenings/weekends by appointment | |
| Counselling Offered | Integrative, psychodynamic counselling. I work with adults, young people and children. Experience in: survivors of child abuse; mental health difficulties; substance misuse. Adoption, working with the child within. | |
| Fees | £30 per session - reductions negotiable | Disabled Access No |

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| LOUKES | Jane | |
| Telephone | 01284 830223 | |
| Address | The Hunters, The Green, Hartest IP29 4DH | |
| Email / Website | janeloukes@yahoo.co.uk | www.therapysuffolk.co.uk |
| Professional Assoc. | UKCP, MBACP, CABP | |
| Counselling Training | Chiron Centre for Body Psychotherapy Dip. '09 • United Kingdom Council for Psychotherapy '10 | |
| Ongoing | Time limited therapy and couple counselling | |
| Counselling Experience | More than 280 hours over 7 years | |
| Telephone Times | 9.00am - 9.00pm | |
| Counselling Availability | 9.00am - 8.00pm | |
| Counselling Offered | UKCP Integrative Body Psychotherapist. Attending to mind and body, feelings and intuition. Uniquely, body psychotherapy addresses the impact that anxiety, stress, relationship and emotional difficulties have on the whole being. | |
| Fees | £40 - £55 plus concessions | Disabled Access No |

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| LOVEGROVE | Jill | |
| Telephone | 01638 507 404 | |
| Address | Dullingham, Newmarket CB8 9XH | |
| Email / Website | jill.lovegrove2@btopenworld.com | www.jilllovegrovecounselling.co.uk |
| Professional Assoc. | BACP, UKRC - BACP 1996 Senior Accredited Practitioner | |
| Counselling Training | Cambridge Consultancy in Counselling '91 • Cert. Midsummer Training in Body Psychotherapy 1997 Dip. (Psychodynamic, Integrative) | |
| Ongoing | Group meetings, seminars, workshops etc | |
| Counselling Experience | More than 13,500 hours over 20 years | |
| Telephone Times | 8.30am - 7.30pm including answerphone at all times | |
| Counselling Availability | 10.15am - 6.30/7.30pm | |
| Counselling Offered | Integrative, psychodynamic brief and long term counselling and psychotherapy for individuals. Creative work in a safe environment, exploring a wide spectrum of problems, including relationship issues, sexual abuse, stress, panic. | |
| Fees | £40 | Disabled Access No |

Individual Counsellors

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|---------------------------------|---|
| MACKICHAN | Claire |
| Telephone | 01284 788069 07881856043 |
| Address | Raedan House, 12 Childer Road, Stowmarket IP14 IPP |
| Email / Website | claire.mackichan@gmail.com |
| Professional Assoc. | BACP, Relate Licensed Counsellor Scheme |
| Counselling Training | Cert. in Marital and Couple Counselling Theory and Practice, Relate '99 • Counselling Young People, Relate '06 |
| Ongoing | Continuous professional development |
| Counselling Experience | More than 5,000 hours over 14 years |
| Telephone Times | Monday - Friday 9.00am - 5.00pm + answerphone |
| Counselling Availability | Wednesday 9.00am - 7.30pm by appointment |
| Counselling Offered | Psychodynamic counselling for couples and individuals, working with all relationship problems, separation and divorce, low self esteem, survivors of abuse. |
| Fees | £40 Disabled Access Some by arrangement |

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| MALLION | Bill |
| Telephone | 01284 755059 |
| Address | 1 Saxon Rise, Bury St Edmunds IP33 3LF |
| Email / Website | billmallion@supanet.com |
| Professional Assoc. | BACP, IRT(UK) |
| Counselling Training | Cert. Counselling and Groupwork, Camb. Univ. '92 • Cert. Reality Therapy, Centre for Reality Therapy, Leighton Buzzard '96 |
| Ongoing | Reality Therapy, Choice Theory, Quality School, Lead Management (one day workshops) etc. Trainer and Teacher of Counselling |
| Counselling Experience | More than 3,000 hours over 36 years |
| Telephone Times | Answerphone |
| Counselling Availability | 9.00am - 4.00pm - Tuesdays, Wednesdays, Thursdays |
| Counselling Offered | A friendly, person centred approach involves the client in a co-operative process. Reality Therapy can address any type of problem and it provides a sense of direction and progress. |
| Fees | £40 per hour - negotiable Disabled Access No |

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|---------------------------------|--|
| MARSHALL | Hazel |
| Telephone | 07955 125356 |
| Address | Raedan House, 12 Childer Road, Stowmarket IP14 IPP |
| Email / Website | |
| Professional Assoc. | BACP |
| Counselling Training | Dip. Humanistic Person-Centred Counselling, Colchester Inst. (BACP Accred. Course) '01 • MSc Counselling Studies, Essex Uni. '03 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 1,400 hours over 9 years |
| Telephone Times | 9.00am - 6.00pm or answerphone |
| Counselling Availability | By appointment |
| Counselling Offered | I offer humanistic, person-centred counselling for adult individuals across a wide range of issues. |
| Fees | £35 - negotiable Disabled Access Some |

Individual Counsellors

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|---------------------------------|--|
| MAWSON | Tikkii |
| Telephone | 01728 452499 |
| Address | Danes House, 15 Lee Road, Aldeburgh IP15 5HG |
| Email / Website | tikkii@camcomsys.net |
| Professional Assoc. | BACP |
| Counselling Training | Cert. Counselling, UEA '02 • Dip. in Person Centred and Psychodynamic Counselling with NVQ Counselling Level 3, West Suffolk College '06 • Foundation in Groupwork Skills, UEA '07 |
| Ongoing | Continuing professional development, workshops |
| Counselling Experience | More than 1,200 hours over 5 years |
| Telephone Times | Answerphone |
| Counselling Availability | By arrangement |
| Counselling Offered | I work principally with the person-centred approach, focusing on the client's specific needs. Individual, couples and group therapy. |
| Fees | £30 - £40 negotiable |
| | Disabled Access No |

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|---------------------------------|--|
| MEISTER B.A. | Suzanne |
| Telephone | 01473 216136 |
| Address | 44 St George's Street, Ipswich IP1 3LH |
| Email / Website | |
| Professional Assoc. | BACP, BASRT Accred. Therapist, UKCP Reg |
| Counselling Training | RELATE Trained - Cert. in Marital and Couple Counselling • Dip. Psychosexual Therapy, Relate '00 |
| Ongoing | Workshops and conferences for ongoing professional development |
| Counselling Experience | More than 10,000 hours over 20 years |
| Telephone Times | 24 hour answerphone when personally unavailable |
| Counselling Availability | Days/evenings by appointment |
| Counselling Offered | Psychodynamic counselling and psychosexual therapy for couples and individuals. Experienced in working with those encountering relationship/sexual difficulties. Also the bereaved, survivors of emotional/physical/sexual abuse and infertility problems. |
| Fees | £40 per hour - negotiable |
| | Disabled Access No |

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|---------------------------------|---|
| MONK | Donna |
| Telephone | 01284 760235 or 07759 710336 |
| Address | Stowmarket IP14 1UE |
| Email / Website | donna@donnamonk3.wanadoo.co.uk www.suffolkcounsellors.com |
| Professional Assoc. | MBACP, UKCP, ANM |
| Counselling Training | BSc Hon, Integrative Psychotherapeutic Counselling, Middlesex Uni./Matrix College '06 • Dip. Transpersonal Therapy, Matrix '03 • Person Centred Child Counselling, UEA '03 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 1,800 hours over 10 years |
| Telephone Times | 24 hour answerphone |
| Counselling Availability | Monday - Friday by appointment |
| Counselling Offered | Individual integrative counselling for adults, adolescents, children - short/long term. Experienced in working with emotional and developmental concerns, relationships, violence, sexual abuse, gender issues, loss, all mental health difficulties, relaxation. |
| Fees | Children, adolescents £30 Adults £40 - negotiable |
| | Disabled Access Some |

Individual Counsellors

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|---------------------------------|---|---------------------------|
| MOORE | Maureen | |
| Telephone | 07915 944123 | |
| Address | Angel Therapy Centre, Westbury House, 630 Woodbridge Road, Ipswich IP4 4PG | |
| Email / Website | maureenmoore.cllr@hotmail.co.uk | |
| Professional Assoc. | BACP | |
| Counselling Training | Dip. Person-centred Counselling, University of Essex '08 • Cert. Cognitive Behavioural Therapy skills, Uni. East Anglia '06 • BSc(Hons) Psychology, Open Uni. '04 | |
| Ongoing | Life coaching, neurolinguistic programming, ACT and mindfulness, continuing personal and professional development | |
| Counselling Experience | More than 260 hours over 3 years | |
| Telephone Times | Answerphone anytime | |
| Counselling Availability | Weekdays 9.30am - 6.00pm | |
| Counselling Offered | Long/short-term counselling and personal development for individuals; using an eclectic approach with a person-centred base, incorporating other approaches to suit the needs of the individual client. | |
| Fees | £30 per session - £20 for those on low income | Disabled Access No |

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|---------------------------------|--|---------------------------|
| NASH | Jan | |
| Telephone | 01394 450346 | |
| Address | The Haven, Blacklands Lane, Sudbourne, Woodbridge IP12 2AX | |
| Email / Website | jan@jan-nash.co.uk | www.jan-nash.co.uk |
| Professional Assoc. | BACP | |
| Counselling Training | Dip. and Adv. Dip., Matrix • Cert. in Supervision, Matrix | |
| Ongoing | Currently on Dip. in Supervision Course, Matrix (end March 2011) | |
| Counselling Experience | More than 8,000 hours over 10 years | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | Monday - Friday, 8.00am - 6.00pm | |
| Counselling Offered | Although trained in integrative counselling, I specialise in CBT. I also specialise in work with children, in groups and one to one. However, I do work with adults, couples and families too. | |
| Fees | £35 generally, some concessions available - £45 for groups in schools | Disabled Access No |

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| PALMER | Mike | |
| Telephone | 07761 208 761 | |
| Address | Felixstowe, Suffolk | |
| Email / Website | mike.palmer@btinternet.com | |
| Professional Assoc. | UKCP Accredited | |
| Counselling Training | BSc(Hons) in Integrative Counselling, Middlesex Uni. '09 • Anger Management, MIND '08 • Dip. in Counselling, BTC '07 | |
| Ongoing | Continuing Professional Development in Integrative Therapy | |
| Counselling Experience | More than 500 hours over 4 years | |
| Telephone Times | 24 hours confidential voicemail | |
| Counselling Availability | By appointment | |
| Counselling Offered | Offering short or long-term individual therapy for adults, using an Integrative approach with an emphasis on Client Centred therapy. Particular experience with emotional difficulties, substance misuse, anger management, self-esteem, depression. | |
| Fees | £40 per session | Disabled Access Yes |

Individual Counsellors

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|---------------------------------|--|
| PARLATO | Imma |
| Telephone | 07840 422124 |
| Address | 76 Vincent Close, Newmarket CB8 7AW |
| Email / Website | i.parlato@ntlworld.com |
| Professional Assoc. | BACP, The Counselling Society |
| Counselling Training | AQA Adv. Cert. in Counselling • Dip. in Counselling/Psychotherapy • Adv. Dip. in Counselling/Psychotherapy |
| Ongoing | CPD, Workshops |
| Counselling Experience | More than 450 hours over 4 years |
| Telephone Times | 24 hour answerphone |
| Counselling Availability | 6.00pm - 9.00pm daily |
| Counselling Offered | I work integratively short or long-term with individuals. Can offer counselling in Italian. |
| Fees | £20 - £35 (negotiable) Disabled Access No |

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|---------------------------------|--|
| PEACHEY | Lois |
| Telephone | 07939 223379 |
| Address | Central Ipswich IP4 2BS |
| Email / Website | enquiry@loispeachey.co.uk |
| Professional Assoc. | BACP |
| Counselling Training | Dip. in Therapeutic Counselling, Colchester Institute '04 • Dip. in Integrative Counselling, Matrix College of Counselling and Psychotherapy |
| Ongoing | |
| Counselling Experience | More than 700 hours over 6 years |
| Telephone Times | 8.00am - 7.00pm |
| Counselling Availability | Daytime and evening appointments |
| Counselling Offered | Short and long-term individual counselling for adults. My work is underpinned by a belief in the human capacity for change and growth. |
| Fees | £35 per hour - negotiable Disabled Access No |

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| PINDER | Christine |
| Telephone | 07770 975309 |
| Address | 3 Mayfields, Martlesham Heath, Ipswich IP5 3TU |
| Email / Website | footsteps.suffolk@hotmail.co.uk |
| Professional Assoc. | ACC |
| Counselling Training | Dip. in Pastoral Counselling, St Johns College of Nottingham '01 |
| Ongoing | Ongoing CPD |
| Counselling Experience | More than 5,000 hours over 20 years |
| Telephone Times | 8.00am to 8.00pm |
| Counselling Availability | By appointment |
| Counselling Offered | Integrative, person centred counselling for individuals and couples from 16 years of age. Issues include depression, anxiety, relationships, childhood trauma and abuse. My underlying philosophy is Christian. |
| Fees | £35 per hour with a sliding scale Disabled Access No |

Individual Counsellors

PLOWMAN Polly
Telephone 01206 393104
Address 71 South Street, Manningtree, Essex CO11 1DT
Email / Website pollyplowman@talktalk.net www.plowmanpsychotherapy.co.uk
Professional Assoc. MBACP Snr. Accredited, UKCP, European Association for Psychotherapy
Counselling Training Dip. Psychosynthesis Counselling, Inst. of Psych. '87 • Cert. Integrative Psychosynthesis Therapy, Re-Vision '91 • UKCP Registration '93 • European Cert. Psychotherapy '07
Ongoing
Counselling Experience More than 12,000 hours over 24 years
Telephone Times Weekdays or 24 hour answerphone
Counselling Availability Weekdays 9.00am - 6.30pm
Counselling Offered Individual or couples sessions on a full range of problems and issues; short-term and long-term work. Particular areas of interest: relationship, identity, mid-life crisis. No children under 18.
Fees £45 per hour individuals - £50 per hour couples **Disabled Access** No

POTTER Heather
Telephone 07533 868110
Address 6-10 St Margaret's Green, Ipswich IP4 2BS
Email / Website info@positive-pathways.org.uk www.positive-pathways.org.uk
Professional Assoc. UKCP, BACP
Counselling Training BSc(Hons) Integrative Counselling, Middlesex Uni. '09 • Dip. Integrative Counselling '08 • Cert. in Person-Centred Counselling • Anger Management, Cambridge GATE '08
Ongoing Short courses for continuing professional development
Counselling Experience More than 400 hours over 3 years
Telephone Times 24 hour answerphone
Counselling Availability Weekdays, weekends and evenings by appointment
Counselling Offered Integrative practise, short or long-term for adults and young people. Experience in: anger, anxiety, abuse, depression, relationship difficulties, problems at work, major life changes.
Fees £45 (negotiable) **Disabled Access** Yes

PRESS Marion
Telephone 01787 373012
Address 8 Betty Cocker Grove, Great Cornard, Sudbury CO10 2PL
Email / Website marion.press2@btinternet.com
Professional Assoc. BACP
Counselling Training Dip. in Counselling Skills, Anglia Poly. Uni '96 • BSc Hons in Counselling, APU '02 • LINK Adoption Training
Ongoing Workshops
Counselling Experience More than 1,500 hours over 20 years
Telephone Times 9.00am - 7.00pm
Counselling Availability By arrangement
Counselling Offered Integrative based on humanistic person centred counselling, specialising brief therapy, cross-cultural, harassment, relationships, depression, bereavement, adoption issues. Training courses in assertiveness - confidence building.
Fees £35 per session, negotiable rates for some clients **Disabled Access** No

Individual Counsellors

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|---------------------------------|---|----------------------------|
| RICHARDS | Sonia | |
| Telephone | 01728 663757 | |
| Address | Alde Cottage, The Street, Bruisyard, Saxmundham IP17 2DT | |
| Email / Website | sonia@soniarichards.co.uk | www.soniarichards.co.uk |
| Professional Assoc. | UKCP | |
| Counselling Training | Westminster Pastoral Foundation Cert. • Dip. and Psychodynamic Counselling Guild of Psychotherapists • Psychoanalytic Psychotherapist | |
| Ongoing | | |
| Counselling Experience | More than 4,000 hours over 12 years | |
| Telephone Times | 9.00am - 9.00pm | |
| Counselling Availability | 9.00am - 9.00pm | |
| Counselling Offered | I offer individual and couple counselling. Both long and short-term work. Psychodynamic, psychoanalytic, relationship, stress, anxiety, depression, drug/addiction problems. Confidential, safe and caring environment. | |
| Fees | £30 - £40 (negotiable) | Disabled Access Yes |

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|---------------------------------|---|---------------------------|
| RICHARDSON | Jayne | |
| Telephone | 01638 552069 | |
| Address | Abington House, Bury Road, Kentford, Newmarket CB8 7PT | |
| Email / Website | | |
| Professional Assoc. | BACP | |
| Counselling Training | Adv. Dip. in Counselling, Uni. Cambs. '01 • Dip. in Psychodynamic Theory, Westminster Pastoral Foundation '00 • Cert. in Psychodynamic Counselling, WPF '99 | |
| Ongoing | Personal Development - workshops | |
| Counselling Experience | More than 1,000 hours over 9 years | |
| Telephone Times | Answerphone | |
| Counselling Availability | Mon - Fri by appointment | |
| Counselling Offered | Psychodynamic counselling for young people 13 years+ and adults, addressing a wide range of issues. | |
| Fees | £40 | Disabled Access No |

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|---------------------------------|--|----------------------------|
| RIDDIFORD | Judy | |
| Telephone | 01787 247688 or 07710541713 | |
| Address | The Cottage, Holbrook Hall, Little Waldingfield, Sudbury CO10 0TH | |
| Email / Website | jmr@holbrookcottage.fsnet.co.uk | |
| Professional Assoc. | BACP (Registered as - MBACP (Accred)). | |
| Counselling Training | Diploma Person-Centred Psychodynamic Counselling, West Suffolk College, 2001 • Accreditation - Individual Counsellor - BACP 2006 | |
| Ongoing | Anxiety Management; Confidence and Self-Esteem; Depression Management - Mind 2009 | |
| Counselling Experience | More than 3,000 hours over 8 yrs | |
| Telephone Times | Monday - Saturday 08.00 - 21.00 | |
| Counselling Availability | Monday - Friday 10.00-18.00 | |
| Counselling Offered | Individual sessions offered in confidential setting. Can do occasional evening appointments. | |
| Fees | £25-30 per hour | Disabled Access Yes |

Individual Counsellors

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|---------------------------------|---|----------------------------|
| ROBERTS | Sue | |
| Telephone | 01986 784500 | |
| Address | The Harmony Centre, Walpole, Halesworth IP19 9BB | |
| Email / Website | sue.focus@virgin.net | |
| Professional Assoc. | MBACP Accredited | |
| Counselling Training | Counselling Skills, UEA '01 • Postgraduate Dip. in Counselling, UEA '02 | |
| Ongoing | Courses and workshops | |
| Counselling Experience | More than 1,500 hours over 9 yrs | |
| Telephone Times | Anytime - Voicemail available | |
| Counselling Availability | By appointment | |
| Counselling Offered | Person-centred approach. Short or longer-term work with individual adults and young people. Transitions - understand yourself and move forward. | |
| Fees | £40 (negotiable) - First half-hour session free | Disabled Access Yes |

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| RÖHRIG | Angelika | |
| Telephone | 01473 718233 | |
| Address | 159 Sidegate Lane, Ipswich IP4 4JN | |
| Email / Website | asrohrig@talktalk.net | |
| Professional Assoc. | MBACP Accredited, UKRCP Registered Independent Counsellor, LINK/Barnardos Registered | |
| Counselling Training | Dip. Counselling St Patrick's College, Ireland '87 • Adv. Dip. Gestalt Therapy, Pellin Centre, London '92 • Adoption and Attachment Counselling, LINK/Barnardos '03 and '08 • Attachment Focused Therapy, Dan Hughes '09 | |
| Ongoing | Working therapeutically with children, Attachment Focused Therapy | |
| Counselling Experience | More than 2,300 hours over 18 years | |
| Telephone Times | 9.00am - 9.00pm weekdays | |
| Counselling Availability | Day and evening - by appointment | |
| Counselling Offered | Integrative, creative therapy for children, adults and families, short or long-term. Particular expertise in attachment/bonding, parenting, adoption (LINK/Barnardos registration), life story work, transitions, loss, depression, relationships, self-esteem. | |
| Fees | £38 individuals, £45 couples and families | Disabled Access Yes |

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|---------------------------------|---|-----------------------------|
| ROURKE | Dawn | |
| Telephone | 01206 728515 | |
| Address | Colchester, Ipswich areas | |
| Email / Website | info@coastal-counselling.com | www.coastal-counselling.com |
| Professional Assoc. | BACP | |
| Counselling Training | BA(Hons) Person-Centred Counselling, Colchester Institute (BACP) Accredited '10 • Dip. in Person-Centred Counselling '09 | |
| Ongoing | Working towards accreditation. Professional development workshops. | |
| Counselling Experience | More than 160 hours over 2 years | |
| Telephone Times | Day and evening - answerphone available | |
| Counselling Availability | Flexible - by appointment - some weekend, evening appointments available | |
| Counselling Offered | Counselling tailored to meet individual needs. Short and long-term support available. Experienced working with abuse/domestic violence, GP surgeries, private practice, family carers, Social Services, relationships, loss and depression. | |
| Fees | £25 - concessions for low income earners/students. Initial consultation is free of charge. | Disabled Access Yes |

Individual Counsellors

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|---------------------------------|---|
| SALMON | Alison |
| Telephone | 01473 725700 |
| Address | 40 Dorchester Road, Ipswich IP3 8RQ |
| Email / Website | |
| Professional Assoc. | BACP |
| Counselling Training | Dip. Integrative Counselling, IPCC '02 • Introductory Cert. in Psychotherapy, IPCC '01 • Post-Grad. Dip. Integrative Psychological Studies, Metanoia (Middlesex Uni.) '06 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 4,200 hours over 10 years |
| Telephone Times | Answerphone |
| Counselling Availability | By appointment |
| Counselling Offered | Integrative counselling. Short or long term for adults and young people. Working with issues of abuse, anxiety, depression, loss, relationship difficulties, stress management. |
| Fees | £35 per session - negotiable Disabled Access Some |

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| SARGEANTSON | Elizabeth |
| Telephone | 01728 724906 |
| Address | IPI 3 7JX |
| Email / Website | sarges@talk21.com |
| Professional Assoc. | BASRT Accred., Relate Licensed Counsellor |
| Counselling Training | Cert. Couple Counselling (Relate), Relate trained '97 • Dip. Psychosexual Therapy (Relate) '01 • BASRT Accred. '05 |
| Ongoing | Workshops and seminars and continuing professional development. |
| Counselling Experience | More than 6,400 hours over 18 years |
| Telephone Times | |
| Counselling Availability | Days, evenings, weekends by appointment |
| Counselling Offered | Integrative psychodynamic counselling and psychosexual therapy with individuals and couples. Experience working with relationship problems and sexual difficulties. Also survivors of emotional/sexual abuse, loss, divorce and separation. Also supervision. |
| Fees | £45 negotiable Disabled Access No |

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| SCASE BSc(Hons) | Sue |
| Telephone | 01449 737180 |
| Address | 38 The Street, Brettenham, Ipswich IP7 7QP |
| Email / Website | suescase@keme.co.uk |
| Professional Assoc. | BPS, BACP Accredited. UKRC Reg.Ind.Counsellor |
| Counselling Training | Dip. Integrative Person-centred Psychodynamic Counselling, West Suffolk College '02 • Cruse Bereavement Care, 'Understanding Bereavement' '03 • Cert. In Briefwork '05 • MA Jungian and Post-Jungian Studies, Centre for Psychoanalytic Studies, Uni. of Essex '10 |
| Ongoing | Workshops and study days for professional development |
| Counselling Experience | More than 2,900 hours over 9 years |
| Telephone Times | 24hour answerphone |
| Counselling Availability | By appointment |
| Counselling Offered | Psychodynamic counselling for individuals and couples. Short/long-term for a range of issues including anxiety, stress, depression, bereavement, relationships, low self-esteem and trauma. |
| Fees | £40 individuals, £45 couples - some low cost places available Disabled Access Some |

Individual Counsellors

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|---------------------------------|---|---------------------------|
| SCOTT | Robina | |
| Telephone | 01502 722589 | |
| Address | 9b Lorne Road, Southwold IP18 6EP | |
| Email / Website | prh.admin@virgin.net | www.prhengland.co.uk |
| Professional Assoc. | BACP | |
| Counselling Training | Postgrad Dip. Counselling, UEA, '95 • Personal therapy | |
| Ongoing | International seminars and workshops. | |
| Counselling Experience | More than 4,000 hours over 12 years | |
| Telephone Times | 8.00am - 8.00pm answerphone | |
| Counselling Availability | By arrangement | |
| Counselling Offered | Person-centred, spiritual/practical. Short-term solution focus or open-ended personal transformation. Greater self-understanding, living your potential with PRH method. Personal growth programmes, workshops. Telephone counselling also offered. | |
| Fees | £32 - £55 (income related) | Disabled Access No |

| | | |
|---------------------------------|---|----------------------------|
| SHARPE | Chris | |
| Telephone | 01473 278123 | |
| Address | 29 St Mary's Road, Ipswich IP4 4SW | |
| Email / Website | chris@sharpe99.freemove.co.uk | |
| Professional Assoc. | MBACP | |
| Counselling Training | Cert. in Counselling and Groupwork, Cambridge Uni. '88-'91 • Cert. in Supervision of Counselling, Cambridge Uni. '96 | |
| Ongoing | Matrix CPD programme; Range of workshops: Matrix BSc. teaching; Menswork development; Licenced Navigator Trainer | |
| Counselling Experience | More than 2,500 hours over 19 years | |
| Telephone Times | Answerphone | |
| Counselling Availability | Negotiated appointments | |
| Counselling Offered | My practice is Integrative, working with different models and approaches, tuned to each client, building on a unique working alliance. A particular interest in gender, sexuality and relationship. | |
| Fees | £48 (including VAT) - some sliding scale places | Disabled Access Yes |

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| SILVER | Edward | |
| Telephone | 07792 187304 | |
| Address | Southleigh, High Street, Cavendish, Sudbury CO10 8AX | |
| Email / Website | ejs.counselling@gmail.com | www.ejscounselling.co.uk |
| Professional Assoc. | MBACP | |
| Counselling Training | Foundation Degree (Dist.) Integrative Counselling, UCS '10 • Cert. Progression Award Integrative Counselling, WSC '08 • City and Guilds Counselling Skills, WSC '08 | |
| Ongoing | BA(Hons) Counselling, UCS '11, Interpersonal Couple Training, working towards BACP Accreditation. Supervision and CPDs. | |
| Counselling Experience | More than 420 hours over 2.5 years | |
| Telephone Times | Answerphone 24 hours | |
| Counselling Availability | Monday - Saturday (daytime and evenings) by appointment | |
| Counselling Offered | Integrative/psychodynamic for adults and adolescents (11-18 years). Short/long-term for a range of issues including: anger, anxiety, stress, depression, bereavement/loss, relationships, low self-esteem and trauma. | |
| Fees | £35 (initial session) - £30 some sliding scale places available | Disabled Access No |

Individual Counsellors

SMYTH David
Telephone 01728 621177
Address Bryony House, Mount Pleasant, Framlingham, Woodbridge IP13 9HG
Email / Website smyth.therapy@virgin.net www.counsellingtherapysuffolk.co.uk
Professional Assoc. BACP Reg. Practitioner, UKRC Reg. Ind. Practitioner, Assoc. of Family Therapists, Registered
Counselling Training Dip. in Counselling, UEA '99 • Person-Centred Therapy • Postgraduate Cert. in Child Psychotherapy and Play Therapy, Dublin '03 • Diploma in Play Therapy '07 • Certified Play Therapist '07

Ongoing
Counselling Experience More than 11,000 hours over 11 years
Telephone Times 24 hr answerphone
Counselling Availability By arrangement
Counselling Offered Person centred psychotherapy and personal development for individuals and couples. Experience in working with children; bereavement/loss; life transitions; post-adoption counselling; family issues; work-related stress; panic/anxiety states.
Fees General £44 - Adoption services £45 **Disabled Access** No

SMYTH David
Telephone 01473 279100
Address Nuffield Health Ipswich Hospital, Foxhall Road, Ipswich IP4 5SW
Email / Website smyth.therapy@virgin.net www.counsellingtherapysuffolk.co.uk
Professional Assoc. BACP
Counselling Training Dip. in Counselling, UEA '99 • Person-Centred Therapy • Postgraduate Cert. in Child Psychotherapy and Play Therapy, Dublin '03 • Diploma in Play Therapy '07 • Certified Play Therapist '07

Ongoing
Counselling Experience More than 11,000 hours over 11 years
Telephone Times 7.00am - 9.00pm (Weekdays) 9.00am - 8.00pm (Weekends)
Counselling Availability 9.30am - 8.00pm (Weekdays)
Counselling Offered Person centred psychotherapy and personal development for individuals and couples. Experience in working with children; bereavement/loss; life transitions; post-adoption counselling; family issues; work-related stress; panic/anxiety states.
Fees £59 per counselling hour **Disabled Access** Yes

STAINES Maureen
Telephone 01394 384194
Address Woodbridge IP12 4LB
Email / Website maureen.sta@btinternet.com
Professional Assoc. BACP Senior Accredited Counsellor
Counselling Training Cert. Psychodynamic Counselling, Ipswich Concern Counselling (WPF Affil.) '96 • Adv. Dip. Integrative Counselling, St Augustines Psychotherapy Practice '97 • Cert. In Supervision IPCC '99 • Cert. In Cognitive Behavioural Therapy, Matrix College '07

Ongoing Continuing professional development
Counselling Experience More than 5,000 hours over 20 years
Telephone Times 9.00am - 8.00pm
Counselling Availability 9.30am - 5.30pm, Monday and Tuesday
Counselling Offered Short or longer term work for anxiety, loss, depression, stress-related and relationship difficulties.
Fees £35 - some concessions available **Disabled Access** Yes

Individual Counsellors

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| STANLEY | Caroline |
| Telephone | 07712 895158 |
| Address | c/o Wellspring, 20-22 Lower Brook Street, Ipswich IP4 1AL |
| Email / Website | caroline75stanley@hotmail.com www.carolinestanleycounselling.com |
| Professional Assoc. | BPS Accredited, MBACP, BABCP, Registered with Health Professionals Council as Chartered Counselling Psychologist |
| Counselling Training | MSc Counselling Psychology, Uni. of East London • Adv. Dip. in Counselling Psychology, UEL '04 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 1,500 hours over 10 years |
| Telephone Times | Answerphone available |
| Counselling Availability | Tuesday - Thursday daytime |
| Counselling Offered | Long and short-term integrative psychotherapy based on CBT model and informed by humanistic and psychodynamic models. I deal with a wide range of mental health problems, eg depression, anxiety, stress |
| Fees | £45 - £50 per session Disabled Access No |

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| STRETTON | Julia |
| Telephone | 01473 780043 or Mobile: 07984 578842 |
| Address | Chelmondiston, Ipswich IP9 1DR |
| Email / Website | julia@jjscounselling.co.uk |
| Professional Assoc. | BACP Accredited Counsellor; UKRCP Registered Independent Counsellor |
| Counselling Training | Dip. in Professional Counselling, West Suffolk College '99 • Cert. Brief Solution Focused Therapy '01 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 3,000 hours over 11 years |
| Telephone Times | 24hour answerphone |
| Counselling Availability | By appointment |
| Counselling Offered | Person Centred approach. Short and long term individual therapy; experience includes working with mental health issues, depression, bereavement, loss, abuse, relationship difficulties and addiction. |
| Fees | £35 Disabled Access Yes |

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| TAYLOR | Emma |
| Telephone | 01284 752845 |
| Address | Bury St Edmunds |
| Email / Website | emma@burystedmundscounselling.co.uk www.burystedmundscounselling.co.uk |
| Professional Assoc. | BACP |
| Counselling Training | Dip. in Counselling (Adv) (ASC) '04 • FdA in counselling, UCS '08-'10 |
| Ongoing | Supervision, various workshops/courses/training days. BA(Hons) in Counselling. |
| Counselling Experience | More than 3,000 hours over 6 years |
| Telephone Times | 24hour answerphone |
| Counselling Availability | 11.00am - 8.00pm |
| Counselling Offered | Confidential and safe environment to explore issues. Depression, anger, anxiety, bereavement, OCD, relationship issues, trauma, self-esteem and other personal issues. I also do employee assistance work. |
| Fees | £45 initial session, £30 individual Disabled Access No |

Individual Counsellors

THOMSON **Sally**
Telephone 07505 362369
Address Felixstowe, Suffolk IP11 7EW
Email / Website saltom@freebie.net www.sallythomson.co.uk
Professional Assoc. BACP, Hypnotherapy Society, Assoc. of Neuro-Linguistic Programming Practitioners
Counselling Training RELATE Couple Counselling • Post Traumatic Stress Counselling, Richmond Fellowship • Dip. in Hypnotherapy and NLP Practitioner • Bereavement Counselling, St Helens Hospice
Ongoing Workshops, seminars, life coaching
Counselling Experience More than 4,000 hours over 18 years
Telephone Times 24 hour answerphone
Counselling Availability By appointment
Counselling Offered Creative and client focussed solutions for individuals or couples.
Fees £40 negotiable **Disabled Access** No

THROWER **Pauline**
Telephone 07909 796266
Address The Deanery, Hadleigh IP7 5DT
Email / Website ptcounselling@btinternet.com
Professional Assoc. BACP Accredited
Counselling Training Dip. in Counselling, Barnabus Training International (BTI) '08
Ongoing Continuing professional development
Counselling Experience More than 550 hours over 4 years
Telephone Times 24 hour voicemail
Counselling Availability Tuesdays - Thursdays, daytime and evening
Counselling Offered Psychodynamic/person-centred counselling. Long or short-term. Individuals and couples. Experience in depression, bereavement, anxiety, abuse, low self-esteem, relationships and other issues.
Fees £30 (individuals) - £40 (couples) **Disabled Access** No

WADE **Gloria**
Telephone 01728 603515
Address 19 Benhall Green, Saxmundham IP17 1HL
Email / Website nicewarm.glow@virgin.net www.gloriawade.co.uk
Professional Assoc. BACP Snr. Counsellor
Counselling Training Dip. Psychotherapy, Counselling and Hypnotherapy, UK College London '90
Ongoing Working of the brain
Counselling Experience More than 1,000 hours over 24 years
Telephone Times Answerphone 9.00am - 6.00pm
Counselling Availability 10.00am - 6.00pm
Counselling Offered General, family, couple, individual, sexual abuse is speciality, child, addiction, Aspergers Syndrome.
Fees £40 **Disabled Access** Yes

Individual Counsellors

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| WALLER | Rosa |
| Telephone | 077888 74733 |
| Address | Novocastria, Sandy Lane, Waldringfield, Woodbridge IP12 4QY |
| Email / Website | rosawaller@hotmail.com |
| Professional Assoc. | UKCP Accredited, MBACP |
| Counselling Training | Diploma in Counselling: CSCT '96 • MA Counselling and Psychotherapy: Regent's College '99 • Mindfulness-based Stress Reduction '09 |
| Ongoing | Continuing professional development |
| Counselling Experience | More than 4,500 hours over 14 years |
| Telephone Times | 24hour answerphone |
| Counselling Availability | Days/evenings |
| Counselling Offered | Individuals, brief and long-term counselling and psychotherapy. Integrative approach combining psychodynamic/humanistic and cognitive elements. CBT offered. Work with broad spectrum of emotional and mental health issues including depression, anxiety, etc. |
| Fees | £45 Disabled Access Yes |

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| WARD | Brian |
| Telephone | 01473 740565 |
| Address | Ipswich |
| Email / Website | brianward2009@hotmail.com. |
| Professional Assoc. | ACC |
| Counselling Training | Cert. Counselling Skills and Theory '96 • Dip. in Counselling CSCT '97 • Adv. Dip. in Counselling Matrix '06 |
| Ongoing | Various workshops |
| Counselling Experience | More than 1,800 hours over 13 years |
| Telephone Times | Daytime |
| Counselling Availability | Flexible hours |
| Counselling Offered | A practitioner with wide experience of pastoral care now offering integrative counselling with adaptable approach to all adults. Able to offer a broad approach including a specialist approach to loss. |
| Fees | £27 - negotiable for low income Disabled Access Yes |

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| WARNER | David |
| Telephone | 07789 002828 |
| Address | Stowmarket IP14 |
| Email / Website | davidwarner371@btinternet.com |
| Professional Assoc. | BACP |
| Counselling Training | Cert. in Humanistic Counselling, The Gestalt Centre '07 • Dip. in Counselling, The Gestalt Centre '09 • Awareness in Bereavement Care, CRUSE '09 |
| Ongoing | Post-Graduate Diploma/MA in Gestalt Psychotherapy |
| Counselling Experience | 400 hours over 3 years |
| Telephone Times | Try anytime - answerphone available |
| Counselling Availability | Days and some evenings |
| Counselling Offered | Gestalt counselling supporting individuals creatively to explore, discuss and understand thoughts and feelings in a safe, confidential environment. Anxiety, anger, bereavement, relationships, depression, addictions, self-esteem, stress, trauma, fear, abuse. |
| Fees | £35 per hour session - some bursaries for students and those on benefits/low income Disabled Access No |

Individual Counsellors

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|---------------------------------|--|---------------------------|
| WASS | Colin | |
| Telephone | 01206 331218 Mobile 07713 280109 | |
| Address | 21 Rose Avenue, Stanway, Colchester CO3 0RU | |
| Email / Website | colinwass@lineone.net | |
| Professional Assoc. | BACP Snr. Accred., UKRC Reg. Ind. Counsellor, MBACP (Snr. Accred.), FDAP (Accred.), SAC Dip. | |
| Counselling Training | Three year Dip. course, Colchester Institute '00 • various workshops and seminars • Dip. in Counselling Drug, Alcohol and Solvent Abuse. ASSET Level 4 Addictions LGBT clients, same sex couples and military personnel | |
| Ongoing | Anger management, time limited therapy, bereavement, loss, group dynamics, depression, working with mental health, couple therapy, drug and alcohol addictions. Integrative work. LGBT clients, same sex couples and military personnel. | |
| Counselling Experience | More than 5,000 hours over 10 years | |
| Telephone Times | Daytime/evenings | |
| Counselling Availability | Negotiable | |
| Counselling Offered | Integrative counselling offered to suit individual/couple clients. Confidential therapy for those experiencing personal problems/emotions and who want to explore them in a safe, therapeutic relationship. | |
| Fees | Negotiable | Disabled Access No |

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| WATTS | Madeleine | |
| Telephone | 01502 714837 | |
| Address | Kingfisher Barn, Weston, Beccles NR34 8TQ | |
| Email / Website | m.watts.psy@fsmail.net | |
| Professional Assoc. | British Psychological Society, HPC Practising Certificate, UKAPC Registered | |
| Counselling Training | MA Child Psychology, Nottingham Uni. '82 • Higher Dip. in Integrative Counselling, Matrix College '04 • Cert. in CBT '09 | |
| Ongoing | Intermittent | |
| Counselling Experience | More than 1,700 hours over 6 years | |
| Telephone Times | Flexible - answerphone available | |
| Counselling Availability | Flexible - answerphone available | |
| Counselling Offered | Individual counselling service for adults and teenagers. Play therapy/counselling for children. Counselling/advice for parents. | |
| Fees | £40 per hour | Disabled Access Ground floor - no wheelchair access |

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| WELHAM | Des | |
| Telephone | 01473 462537 | |
| Address | Suite B, Room 4, Whitehouse Distribution Centre, Whitehouse Road, Ipswich IP4 5NX | |
| Email / Website | des@kade-counselling.com | www.kade-counselling.com |
| Professional Assoc. | BACP / UKACP | |
| Counselling Training | BSc (Hons) Integrative Counselling • Adv. Dip. in Integrative Counselling, Matrix Integrative Training '03 • Dip. in Integrative Counselling, Matrix Integrative Training '03 • Dip. in Transpersonal Counselling, Matrix Integrative Training '03 • BSC (Hons) Integrative Counselling CPD | |
| Ongoing | | |
| Counselling Experience | More than 4,000 hours since 2001 | |
| Telephone Times | 24 hour answerphone | |
| Counselling Availability | Monday - Saturday by appointment | |
| Counselling Offered | Individual/couples/group integrative short/long-term therapy; anger/stress management, assertiveness/confidence courses, abuse, addictions, depression, loss, relationship issues. NHS experience since 1992 (general/mental health). Prison drug rehabilitation experience. | |
| Fees | £35 per session - some low cost places available, couples £45. | Disabled Access Yes |

Individual Counsellors

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|---------------------------------|--|---------------------------|
| WHITING | Hayley | |
| Telephone | 07749 814490 | |
| Address | Great Barton, Bury St Edmunds | |
| Email / Website | hayley@hayleywhiting.co.uk | www.hayleywhiting.co.uk |
| Professional Assoc. | BACP Accredited | |
| Counselling Training | Dip. Integrative person-centred Psychodynamic Counselling ,WSC '02 • Post-Graduate Dip. in Couples Therapy, CCPE '10 | |
| Ongoing | Short courses and workshops | |
| Counselling Experience | More than 3,200 hours over 8 years | |
| Telephone Times | 9.00am - 8.00pm | |
| Counselling Availability | By arrangement | |
| Counselling Offered | Individual and couple counselling, short/long term, working with adults across a range of issues. | |
| Fees | £35 - £45 | Disabled Access No |

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|---------------------------------|---|---------------------------|
| WHITTON | Joan | |
| Telephone | 07914 059986 | |
| Address | Ipswich | |
| Email / Website | | |
| Professional Assoc. | MBACP accredited | |
| Counselling Training | BSc(Hons) Integrative Psychotherapy Counselling, Middlesex Uni. '07 • Dip. Integrative Counselling Matrix College '05 • Cert. in Counselling Skills, UEA '04 • Bereavement Certificate, Cruse '04 • Anger Management '08 • Couple Counselling '08 • Adoption Counsellor '09 | |
| Ongoing | Continuing Professional Development. Gestalt Training. | |
| Counselling Experience | More than 980 hours over 6 years | |
| Telephone Times | 24 hour voicemail | |
| Counselling Availability | By appointment | |
| Counselling Offered | Integrative, humanistic counselling which is client led. Short /long term for a range of issues, including anxiety, bereavement/loss, depression, stress, relationship difficulties and low self-esteem. Registered to counsel on adoption. | |
| Fees | £35 per session - concessions available | Disabled Access No |

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| WIGHTWICK | Helen | |
| Telephone | 01284 767054 | |
| Address | 3 Honey Hill, Bury St Edmunds IP33 1RT | |
| Email / Website | | |
| Professional Assoc. | BACP Senior Accredited Counsellor, UKRC Reg. Ind. Counsellor, UKCP Reg Psychotherapist (CPJA) | |
| Counselling Training | Dip. Psychodynamic CIng, WPF '95 • Dip. Psychodynamic Studies, Uni. of Leicester '99 • MA in Jungian and Post Jungian Studies, Uni. of Essex '04 | |
| Ongoing | Seminars and workshops | |
| Counselling Experience | More than 3,700 hours over 20 years | |
| Telephone Times | Anytime answerphone | |
| Counselling Availability | By appointment | |
| Counselling Offered | I work as a psychodynamic counsellor and psychotherapist with adult individuals, open ended or time limited. I am particularly influenced by the work of Jung. | |
| Fees | £35 per session | Disabled Access No |

Individual Counsellors

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| WILMAN | Julie |
| Telephone | 07796 514 803 |
| Address | Cranleigh, 38 Catherine Road, Woodbridge IP12 4JP |
| Email / Website | julie.wilman@tiscali.co.uk |
| Professional Assoc. | BACP, ACC (Association of Christian Counsellors) accred. |
| Counselling Training | Cert. Counselling Skills, UEA '00 • Pastoral Care & Counselling, BTC '01 • Dip. Counselling, BTC '03 • Cert. Person-Centred Couple Counselling '10 |
| Ongoing | Continuing Professional Development |
| Counselling Experience | More than 1,500 hours over 10 years |
| Telephone Times | 8.00am - 8.00pm |
| Counselling Availability | By appointment |
| Counselling Offered | Person centred counselling for individuals and couples across a range of issues. |
| Fees | £30 per hour Disabled Access Yes |

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| WIMBUSH | Annie |
| Telephone | 01842 763946 |
| Address | 10 The Street, Euston IP24 2QQ |
| Email / Website | |
| Professional Assoc. | BACP Senior Accredited Counsellor. UKRCP Registered Ind. Counsellor |
| Counselling Training | Cert. Marital and Couple Counselling, RELATE - National Marriage Guidance '95 • Systemic Practice Year 1 (Association for Family Therapy Accredited) |
| Ongoing | Training within RELATE and other relevant workshops |
| Counselling Experience | More than 4,500 hours over 20 years |
| Telephone Times | 9.00am - 8.00pm ansaphone |
| Counselling Availability | By arrangement |
| Counselling Offered | Psychodynamic counselling for individuals and couples. Experience of working with depression, anxiety, loss, low self-esteem and relationships. |
| Fees | £40 per hour - individuals, £45 - couples Disabled Access No |

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|---------------------------------|--|
| WOODS | Mo |
| Telephone | 01284 789477 or 07870 944318 |
| Address | Somerton House, Somerton, Bury St Edmunds IP29 4ND |
| Email / Website | mowoods@tiscali.co.uk |
| Professional Assoc. | BACP |
| Counselling Training | Dip. in Person-Centred, Psychodynamic Counselling '99 • NVQ Level 3 Counselling '02 • Cert. Psychosexual Counselling '05 |
| Ongoing | Workshops, seminars and lectures |
| Counselling Experience | More than 1,000 hours over 11 years |
| Telephone Times | Anytime - answerphone |
| Counselling Availability | Daytimes/evenings by arrangement |
| Counselling Offered | Integrative person-centred, psychodynamic counselling for individuals and couples. Short or longer term therapy for most issues including anxiety, depression, stress, loss, anger, low self-esteem, relationship and psychosexual difficulties. |
| Fees | £35 per hour - individuals, £45 couples. Negotiable. Disabled Access Some |

Counselling Agencies

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| AGENCY | ANGER MANAGEMENT SPECIALISTS | | |
| Tel | 01473 462537 | | |
| Address | Suite B, Room 4, Whitehouse Distribution Centre, Whitehouse Road, Ipswich IP4 5NX | | |
| Email / Website | enquiries@suffolkanger.com | www.suffolkanger.com | |
| Service Provided | Specialists in anger management East Anglia. Short/long term counselling as needed by the client individual/groups. Our highly successfully TAMES & MAP Courses run individually/groups - prisons, schools, head injuries, mental health, privately. | | |
| Telephone Times | 24hour answer machine | | |
| Available Times | Monday-Saturday by appointment | | |
| Area in Suffolk Served | East Anglia | | |
| Training Requirements | BACP Accredited / UKCP | | |
| Training Offered | We offer training but do not have opportunities for Trainees to practice | | |
| Supervision Provided | To BACP requirements | Code of Ethics | BACP |
| Management Structure | 2 qualified Counsellors | | |
| Fees | £35 individual, £45 couple (some low cost places available) | Disabled Access | No |

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| AGENCY | BURY PRACTICE FOR COUNSELLING AND PSYCHOTHERAPY | | |
| Tel | 01284 735765 | | |
| Address | Active Business Centre, St Andrew's Castle, 33 St Andrew's Street South, Bury St Edmunds IP33 3PH | | |
| Email / Website | info@theburypractice.co.uk | www.theburypractice.co.uk | |
| Service Provided | Psychodynamic counselling and psychotherapy for individuals, couples and young people • Brief-work, open-ended, CBT • Supervision of counselling and psychotherapy • Seminars • Referrals from occupational health, workplaces and NHS, Social Care. | | |
| Telephone Times | 24hour answerphone | | |
| Available Times | Monday -Friday, day and evening | | |
| Area in Suffolk Served | All | | |
| Training Requirements | Psychodynamic counselling training to certificate or diploma level (or equivalent) plus psychodynamic or psychoanalytic psychotherapy training. CBT training. | | |
| Training Offered | Training in counselling skills, post-counselling qualification workshops. Workshops and study days. Annual conference. | | |
| Supervision Provided | Yes - individual | Code of Ethics | BACP, UKCP |
| Management Structure | Association - 4 qualified counsellors/psychotherapists | | |
| Fees | £45 per session, negotiable except first session | Disabled Access | Yes, limited |

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| AGENCY | EAST ANGLIA COUNSELLORS | | |
| Tel | 01473 462537 | | |
| Address | Suite B, Room 5, Whitehouse Distribution Centre, Whitehouse Road, Ipswich IP4 5NX | | |
| Email / Website | enquiries@kade-counselling.com | www.suffolkcounsellors.com | |
| Service Provided | Short/long-term counselling for individuals/couples/ specialist groups. Experienced counsellors with particular specialist areas: children, teenagers, group therapy, assertiveness, anger management and relationship problems, abuse etc. | | |
| Telephone Times | 24 hour answer machine | | |
| Available Times | Monday - Saturday by appointment | | |
| Area in Suffolk Served | East Anglia | | |
| Training Requirements | BACP Accredited / UKCP | | |
| Training Offered | Do offer training, but no opportunities for Trainees to undertake a counselling placement. | | |
| Supervision Provided | To BACP requirements | Code of Ethics | BACP |
| Management Structure | 3 qualified Counsellors | | |
| Fees | £35 individuals, £45 couples - some low cost places available | Disabled Access | Yes |

Counselling Agencies

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| AGENCY | INSPIRE COUNSELLING & TRAINING | | |
| Tel | 01473 217694 | | |
| Address | The Fletcher Centre, 2 Crescent Road, Ipswich IPI 2EX | | |
| Email / Website | contact@inspireipswich.org.uk | www.inspirecounselling.org.uk | |
| Service Provided | Counselling for clients 18 years and over. Individuals and couples. Various approaches, Christian ethos. | | |
| Telephone Times | Tues 9.00am - 5.00pm Thurs 9.00am - 9.00pm (24 hour answerphone). | | |
| Available Times | Tues 9.00am - 4.00pm Thurs 9.00am - 8.00pm. | | |
| Area in Suffolk Served | Suffolk/North Essex/Norfolk | | |
| Training Requirements | All to a minimum of diploma level. | | |
| Training Offered | Training to Diploma level in counselling thro' Barnabas Training International, CPCAB validated, limited student placements | | |
| Supervision Provided | Yes | Code of Ethics | BACP/ACC |
| Management Structure | Trustees and Director - 10 qualified Counsellors | | |
| Fees | Fees based on individual income. | Disabled Access | Some, with notice |

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| AGENCY | IPSWICH CONCERN COUNSELLING CENTRE | | |
| Tel | 01473 212788 | | |
| Address | 20 Bolton Lane, Ipswich IP4 2BT | | |
| Email / Website | info@concerncounselling.org.uk | www.concerncounselling.org.uk | |
| Service Provided | We are a counselling centre in the centre of Ipswich. We are a registered charity and offer both long and short-term counselling, to children, adults and couples. | | |
| Telephone Times | 01473 212788 | | |
| Available Times | | | |
| Area in Suffolk Served | | | |
| Training Requirements | Our counsellors are trained to diploma standard, many are also BACP affiliates. | | |
| Training Offered | Yes, we have a large training sector and also offer workshops to the general public. | | |
| Supervision Provided | YES - weekly | Code of Ethics | BACP, WPF |
| Management Structure | Charity - 19 qualified counsellors and 15 trainees | | |
| Fees | £5 - £50 | Disabled Access | Yes |

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| AGENCY | JJA COUNSELLING & PSYCHOTHERAPY SERVICE LTD | | |
| Tel | 01502 731059 & 07503 632655 | | |
| Address | c/o The Vicarage, 51 The Street, Corton, Lowestoft NR32 5HT | | |
| Email / Website | info@jjacounselling.co.uk | www.jjacounselling.co.uk | |
| Service Provided | Therapeutic counselling and consultative support for people in the workplace. A confidential service. Counselling for employees where the business contract is undertaken with the company though the counselling contract is with the employee. Clinical Supervision, + Mediation, Coaching. | | |
| Telephone Times | 24hour answerphone | | |
| Available Times | Monday- Friday varied - enquire | | |
| Area in Suffolk Served | Throughout Suffolk | | |
| Training Requirements | Trained in one or more of the following: person-centred counselling, psychodynamic counselling, relationship counselling, psychological counselling, counselling supervision, transpersonal psychotherapy, CBT, trauma counselling | | |
| Training Offered | No trainees - courses and workshops in assertion training, basic counselling skills, listening skills, stress management, relaxation | | |
| Supervision Provided | Professional requirement | Code of Ethics | BACP |
| Management Structure | Associates, Administrative Manager, Affiliate Counsellors - 14 qualified counselling affiliates | | |
| Fees | On enquiry | Disabled Access | Some |

Counselling Agencies

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|-------------------------------|---|--------------------------|------|
| AGENCY | KaDe COUNSELLING SERVICE | | |
| Tel | 01473 462537 | | |
| Address | Suite B, Room 4, Whitehouse Distribution Centre, Whitehouse Road, Ipswich IP4 5NX | | |
| Email / Website | des@kade-counselling.com | www.kade-counselling.com | |
| Service Provided | Short/long-term integrative therapy. Individuals including children/adolescents/couples for wide range of difficulties. Specialist in group work, anger management, assertiveness/low self-esteem, eating disorders and trauma. NHS/prison drug rehab/mental health experience. | | |
| Telephone Times | 24hour answerphone | | |
| Available Times | By appointment | | |
| Area in Suffolk Served | Suffolk | | |
| Training Requirements | BACP Accredited / UKCP | | |
| Training Offered | We provide counselling training but do not have opportunities for Trainees to practice | | |
| Supervision Provided | Individual to BACP requirements. | Code of Ethics | BACP |
| Management Structure | 2 qualified counsellors | | |
| Fees | £35 per session/ £45 Couples - some low cost places available. | Disabled Access | No |

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|-------------------------------|--|------------------------|------|
| AGENCY | KERNOS CENTRE | | |
| Tel | 01787 882883 | | |
| Address | 32-34 Friar Street, Sudbury CO10 2AG | | |
| Email / Website | admin@kernos.org | www.kernos.org | |
| Service Provided | Humanistic counselling for anyone in need following assessment. Addressing a wide range of problems including abuse, adoption, anxiety, bereavement, depression, eating disorders, relationships, self-harm and stress. Supervision for professionals. | | |
| Telephone Times | Answerphone messages will be responded to as soon as possible | | |
| Available Times | Mon - Fri 8.00am - 8.00pm - by appointment | | |
| Area in Suffolk Served | Suffolk and North Essex | | |
| Training Requirements | Minimum qualified diploma - accredited, or at least two years post-qualifying experience and working towards BACP or UKCP registration | | |
| Training Offered | Continuing professional development workshops | | |
| Supervision Provided | Yes | Code of Ethics | BACP |
| Management Structure | Charity, Trustees and Management Group, Ltd Company - 10 qualified counsellors | | |
| Fees | £35 - negotiable according to income. No-one refused because of inability to pay. | Disabled Access | Some |

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|-------------------------------|---|-------------------------|---------------------------|
| AGENCY | MARRIAGE CARE (Colchester/Ipswich Centre) | | |
| Tel | 0800 389 3801 | | |
| Address | Ipswich and Colchester venues on application | | |
| Email / Website | info@marriagecare.org.uk | www.marriagecare.org.uk | |
| Service Provided | Relationship counselling for individuals and couples | | |
| Telephone Times | 10 .00am - 9.00 pm then answerphone | | |
| Available Times | By appointment | | |
| Area in Suffolk Served | Suffolk and Essex with referral options | | |
| Training Requirements | Cert. in Marital and Couple Counselling with ongoing CPD. Dip. in Relationship Counselling currently being offered for Trainees (York St John). | | |
| Training Offered | See Website. No placements offered | | |
| Supervision Provided | Yes - individual and group | Code of Ethics | BACP + own Code of Ethics |
| Management Structure | Charity (Trustees) 5 local counsellors | | |
| Fees | No set fee but contributions requested | Disabled Access | Some - with notice |

Counselling Agencies

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|-------------------------------|--|
| AGENCY | PHOENIX COUNSELLING PRACTICE |
| Tel | 01449 675974 |
| Address | Raedan House, 12 Childer Road, Stowmarket IP14 IPP |
| Email / Website | admin@phoenix-counselling-practice.co.uk www.phoenix-counselling-practice.co.uk |
| Service Provided | Professional, confidential counselling service for individuals, couples and children in a safe and comfortable environment. Experience: relationship difficulties, anxiety, depression, abuse, past issues affecting the present, loss, negative self image. |
| Telephone Times | Answerphone |
| Available Times | Weekdays and evenings |
| Area in Suffolk Served | Mid Suffolk |
| Training Requirements | All our counsellors are qualified to diploma level |
| Training Offered | Workshops and seminars |
| Supervision Provided | One to one and group supervision. The Phoenix Consultation Group (Supervision of Supervision) meets bi-monthly. Code of Ethics BACP |
| Management Structure | Registered Charity - 10 fully qualified Counsellors |
| Fees | £35 for individuals, £42 for couples - Some lower cost places available and the Raedan Trust Bursary is available for those on low income. Disabled Access Some |

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|-------------------------------|--|
| AGENCY | POSITIVE PATHWAYS |
| Tel | 07533 868110 |
| Address | Manor House, St Margaret's Green, Ipswich IP4 2BS |
| Email / Website | info@positive-pathways.org.uk www.positive-pathways.org.uk |
| Service Provided | Short or long-term counselling for individuals and couples in a safe and comfortable environment. Counsellors' specialist experience includes: abuse, addictions, anxiety, depression, bereavement, anger management, relationship difficulties, workplace issues. |
| Telephone Times | 24 hour answerphone |
| Available Times | Weekdays, weekends and evenings by appointment |
| Area in Suffolk Served | East, Mid and West Suffolk |
| Training Requirements | Minimum qualification Diploma level |
| Training Offered | No placements offered |
| Supervision Provided | To individual UKCP/BACP requirements Code of Ethics BACP, UKCP |
| Management Structure | Director, Administrative Manager, Affiliated counsellors |
| Fees | £55 couples, £45 individuals (reduced rates based on income) Disabled Access No |

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|-------------------------------|---|
| AGENCY | RELATE - NORFOLK & SUFFOLK |
| Tel | Suffolk: 01473 254118 or 01284 767305 |
| Address | The Rowan Centre, Central Ipswich. 9 Short Brackland, Bury St Edmunds IP33 IEL |
| Email / Website | info@relatenorfolksuffolk.co.uk www.relatenorfolksuffolk.co.uk |
| Service Provided | Relationship counselling for individuals and couples. Psychosexual therapy. Youth counselling. 10yrs-25yrs. Family counselling. |
| Telephone Times | 9.00am - 1.00pm Monday – Friday plus answerphone. |
| Available Times | 9.00am - 9.00pm Monday - Friday, 9.00am - 1.00pm - Saturday. |
| Area in Suffolk Served | All Suffolk |
| Training Requirements | Cert. in Marital and Couples Counselling with ongoing professional development. Dip. in Psychosexual Therapy. |
| Training Offered | See website |
| Supervision Provided | YES - individual and group. Code of Ethics BACP, BASRT, UKCP |
| Management Structure | Charity (Trustees) - 13 counsellors |
| Fees | A fee is charged, reduction if on certain benefits Disabled Access Yes |

Counselling Agencies

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| AGENCY | THE RUBY CENTRE | |
| Tel | 01394 671029 | |
| Address | c/o The Physiotherapy Practice, 25 Princes Road, Felixstowe IP11 7QY, also available at Buttrums Mill, 23 Burkitt Road, Woodbridge IP12 7JJ | |
| Email / Website | www.therubycentre.org.uk | |
| Service Provided | Short and long-term counselling and psychotherapy for individuals and couples. Integrative working, approaches include CBT, mindfulness, CAT. Wide range of emotional and mental problems. Supervision also offered. | |
| Telephone Times | 24 hour answerphone | |
| Available Times | By appointment | |
| Area in Suffolk Served | Countywide | |
| Training Requirements | Chartered Counselling Psychologist. Two UKCP accredited psychotherapists/counsellors | |
| Training Offered | None | |
| Supervision Provided | Yes | Code of Ethics BPS, UKCP |
| Management Structure | Working colleagues - 3 qualified practitioners | |
| Fees | Variable | Disabled Access Yes |

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|-------------------------------|---|----------------------------|
| AGENCY | STEPPING STONES - EAST LTD | |
| Tel | 01473 435366 | |
| Address | 11 Gippeswyk Road, Ipswich IP2 9AB | |
| Email / Website | markgoulbourne@yahoo.co.uk - info@steppingstoneseast.com / www.steppingstoneseast.com | |
| Service Provided | Specialist Counsellors and Mentors dealing with brief and long term therapy. Mentoring students who need practical and emotional support (DSA support provided). Also general counselling offered by experienced Counsellors. | |
| Telephone Times | Anytime 8.00am - 10.00pm | |
| Available Times | 8.00am - 8.00pm | |
| Area in Suffolk Served | East Anglia | |
| Training Requirements | Adv. Dip Integrative Counselling. Integrative Psychotherapy, Dip.Inner Child Therapy. Dip. Transpersonal, Cert. Child Focused. Cert. Mental Health Issues. | |
| Training Offered | Training workshops available. Exam/ Anxiety workshops. Resourcing clients and working with beliefs and understanding. Mental Health awareness training. | |
| Supervision Provided | | Code of Ethics BACP |
| Management Structure | Counselling Directors - Secretary. 2 qualified Counsellors | |
| Fees | Start at £35 per hour | Disabled Access No |

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|-------------------------------|---|----------------------------|
| AGENCY | STOWMARKET COUNSELLING PRACTICE | |
| Tel | 01449 674445 | |
| Address | 1 Milton Road South, Stowmarket IP14 1EZ | |
| Email / Website | | |
| Service Provided | Psychodynamic counselling for individuals and couples. Open ended and 6 - 12 sessions fixed term. | |
| Telephone Times | 24hour answerphone | |
| Available Times | Mon-Fri by appointment, daytime and evenings | |
| Area in Suffolk Served | Countywide | |
| Training Requirements | 4 year psychodynamic counselling or BACP accreditation | |
| Training Offered | No | |
| Supervision Provided | Individual and group supervision offered. | Code of Ethics BACP |
| Management Structure | Association - 2 qualified counsellors | |
| Fees | Individuals £30 per session. Couples £40 per session. Fees negotiable according to income. | Disabled Access No |

Counselling Agencies

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|-------------------------------|--|
| AGENCY | YOUTHSCAPE COUNSELLING |
| Tel | 07792 187304 or 07783 391394 |
| Address | High Street, Cavendish CO10 8AX |
| Email / Website | youthscape1@gmail.com www.counselling-suffolk.co.uk |
| Service Provided | Providing an integrative counselling service for 12-18 year olds within schools/colleges. Youthscape adheres to BACP codes of conduct as well as with the schools child protection policies. |
| Telephone Times | 24 hour answerphone |
| Available Times | Monday - Friday, 9.00am - 5.00pm |
| Area in Suffolk Served | Suffolk, Essex, Cambridgeshire |
| Training Requirements | All counsellors minimum FdA Counselling and working towards accreditation |
| Training Offered | Please enquire individually |
| Supervision Provided | To BACP requirements Code of Ethics BACP, CCYP |
| Management Structure | Two qualified counsellors MBACP |
| Fees | Dependant on requirements Disabled Access No |

Counsellors ...

If you would like an entry in the next edition of this directory
please contact **Sharward Services Ltd** on **01473 212113**
for more details

Don't forget ...

You can find this directory online at
www.suffolkassociationforcounselling.org.uk

Agencies Using Counselling Skills

| | |
|-------------------------------|--|
| AGENCY | TESSA JORDAN |
| Tel | 01473 728498 |
| Address | 48 Crabbe Street, Ipswich IP4 5HS |
| Email | tessa@tessajordan.co.uk |
| Website | www.tessajordan.co.uk |
| Area in Suffolk Served | Suffolk |
| Service Provided | Homoeopathic Practice using counselling skills to support clients, especially on an emotional level. Particular attention is given to stress reduction and coping skills. Guided relaxation CDs available. |

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|-------------------------------|---|
| AGENCY | WELLSPRING CENTRE of HEALTH & HEALING |
| Tel | 01473 222290 |
| Address | 20 - 22 Lower Brook Street, Ipswich IP4 1AL |
| Email | info@wellspringipswich.co.uk |
| Website | www.wellspringipswich.co.uk |
| Area in Suffolk Served | Ipswich and surrounding areas |
| Service Provided | Wellspring is a centre of integrative medicine and complementary therapies. Counselling is available for individuals and couples to explore the issues that hinder life, within a safe environment. Wellspring counsellors have benefited clients with emotional problems, life crisis, past issues impacting on present life, abuse issues, anxiety and depression, mental health problems, relationship problems and phobias. |

Counselling Supervisors

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|------------------------------|--|
| ASPINALL | Tricia |
| Telephone | 01449 723433 |
| Address | Stone Croft, Valley Road, Battisford, Stowmarket IP14 2HH |
| Email / Website | tricia@bethell.demon.co.uk |
| Supervision Training | Cert in Supervision (MIND, 2002) |
| Sup. Experience | Over 1,000 hours in 8 years |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | Day or evening |
| Supervision Times | Day or evening appointments |
| Supervision Offered | Person-centred/psychodynamic approach. Experience in supervising students on counselling courses and GP surgery placements. Experience of working with supervisees in other helping professions. |
| Supervision Fee | £40 per session, negotiable for students and those on benefits |
| BATTYE | Rose |
| Telephone | 01502 716033 |
| Address | Ivy House Farm, Gillingham, Beccles NR34 0HD |
| Email / Website | |
| Supervision Training | Post Dip. Cert. in Person-Centred Supervision (PCT Britain) '94 • Supervision of Counsellors of Young People (Talk 2) '01 |
| Sup. Experience | 2,500 hours over 16 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | 9.00am - 6.00pm including answerphone at all times |
| Supervision Times | Tues-Fri, 8.00am - 6.00pm |
| Supervision Offered | Individual and group supervision. Supervision of supervisors. Experience in supervision of counselling in GP practices, social services and youth workers, as well as private practice. |
| Supervision Fee | £45 - negotiable |
| BERMAN (MA) | Ingeborg |
| Telephone | 01284 702932 |
| Address | 33 Sussex Road, Woodfield Park, Bury St Edmunds IP32 6TE |
| Email / Website | |
| Supervision Training | Adv. Cert. In Supervision of Counselling, Cambridge Uni. '95 |
| Sup. Experience | 3,500 hours over 15 years |
| Code of Ethics | UKCP, BACP |
| Currently Counselling | YES |
| Telephone Times | Day time plus 24 hour answerphone |
| Supervision Times | By appointment |
| Supervision Offered | I see supervision work as a relationship between colleagues working together to serve the client to high standards. I invite work with individuals and groups for long and short term work. |
| Supervision Fee | £35 - £50 - low cost places available for groups, students and newly qualified counsellors and psychotherapists |

Counselling Supervisors

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|------------------------------|---|
| BROOKS | Mary |
| Telephone | 0780 1068 243 |
| Address | Thorndon and Stowmarket |
| Email / Website | marybrooks@talktalk.net |
| Supervision Training | Cert. in Counselling Supervision, Ipswich Psychotherapy and Counselling Centre '99 |
| Sup. Experience | 1,000+ hours over 10 years |
| Code of Ethics | MBACP |
| Currently Counselling | YES |
| Telephone Times | Answerphone (anytime) |
| Supervision Times | Wednesday - Friday by arrangement |
| Supervision Offered | Individual supervision for counsellors, and practitioners in other helping professions, using an integrative model that focuses on the therapeutic relationship. Experienced within mental health, primary care and private practice. |
| Supervision Fee | £36 per hour - some reduced fee places for students |

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|------------------------------|--|
| BURLEIGH | Comilla |
| Telephone | 01473 730467 |
| Address | Scotsfield House, Copdock, Ipswich IP8 3JS |
| Email / Website | comilla@btinternet.com |
| Supervision Training | Stages 1 and 2 Manna House (Acc.) '05 • Dip. in Counselling Supervision, Marriage Care and York St John '09-'10 |
| Sup. Experience | More than 172 hours over 4 years |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | Answerphone 8.00am - 9.00pm |
| Supervision Times | Day or evening appointments |
| Supervision Offered | Individual supervision for counsellors using an integrative model or person-centred supervision. Consultancy support given to health care professionals. Experienced in supervising work with couples. |
| Supervision Fee | £40 per session |

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|------------------------------|---|
| CHALLIS | Barbara |
| Telephone | 07905 033301 |
| Address | Stonham Aspal IP14 6DG |
| Email / Website | barbarachallis@btinternet.com |
| Supervision Training | Part 1 Certificate - University of Leicester 2001. Diploma in Group and Individual Supervision, Cascade 2003. |
| Sup. Experience | More than 1,000 hours over 8 years |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | Answerphone |
| Supervision Times | Flexible days and evenings |
| Supervision Offered | Experienced Supervisor able to work with Counsellors involved with Teenagers, Couples and Adults. Psychodynamic / Integrative supervision for trainees and qualified counsellors, one-to-one or group settings. Supervision of Supervisors. |
| Supervision Fee | £35 per session |

Counselling Supervisors

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|------------------------------|--|
| CROW | Gilly |
| Telephone | 01284 704807 |
| Address | The Gables, Hengrave, Bury St Edmunds IP28 6LT |
| Email / Website | |
| Supervision Training | BACP Snr. Accred. Supervisor (Inds.) Cert. Supervision of Counselling Uni. of Cambridge, '92 • Cert. Supervision, Cascade Training Ass. '96 • SAP Supervision Course '01 |
| Sup. Experience | 2,800 hours over 19 years |
| Code of Ethics | BACP, UKRC |
| Currently Counselling | YES |
| Telephone Times | 9.00am - 9.00pm - Monday-Thursday, answerphone |
| Supervision Times | 10.30am - 9.00pm - Monday-Thursday |
| Supervision Offered | Creative approach from an integrative perspective for individuals and groups. Supervision of supervisors offered. |
| Supervision Fee | £40 per hour |

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|------------------------------|---|
| FARRELL | Sonya |
| Telephone | 07824 380369 |
| Address | Beccles |
| Email / Website | sonya.farrell@homecall.co.uk |
| Supervision Training | Cert. Integrative Supervision, Matrix '08 |
| Sup. Experience | 300 hours over 2 years |
| Code of Ethics | MBACP, UKCP Accredited |
| Currently Counselling | YES |
| Telephone Times | 9.00am - 7.00pm |
| Supervision Times | 9.00am - 7.00pm |
| Supervision Offered | Integrative approach for individuals. |
| Supervision Fee | £40 per hour (£30 Trainees) |

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|------------------------------|---|
| FOX | Amanda |
| Telephone | 01284 735023 |
| Address | South West Lodge, Rede Road, Whepstead, Bury St Edmunds IP29 4ST |
| Email / Website | amanda@southwestlodge.co.uk |
| Supervision Training | Metanoia '92 |
| Sup. Experience | 1,000 hours over 15 years |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | Answerphone 24 hours |
| Supervision Times | Monday - Friday |
| Supervision Offered | Psychodynamic counselling supervision of individual and couple work. Psychoanalytic psychotherapy supervision groups and individuals. |
| Supervision Fee | £40 - £50 |

Counselling Supervisors

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|------------------------------|---|
| JOHNSTON | Di |
| Telephone | 07904 379388 |
| Address | 10 St Margaret's Green, Ipswich IP4 2BN |
| Email / Website | dijohnston@hotmail.co.uk |
| Supervision Training | Supervisor Training, RELATE '96 • COSRT Supervisor Accred 2000. Relate Registered Supervisor '06 |
| Sup. Experience | 4,000 hours over 14 years |
| Code of Ethics | BACP, COSRT |
| Currently Counselling | YES |
| Telephone Times | 24 hour answerphone |
| Supervision Times | By appointment |
| Supervision Offered | Integrative, psychodynamic and cognitive behavioural supervision for counsellors and psychosexual therapists. Individual practitioners and groups. Training sessions and workshops available. |
| Supervision Fee | £70 per hour |

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|------------------------------|---|
| KEEGAN | Linda |
| Telephone | 01449 614099 or 07756 940413 |
| Address | Stowmarket and Ipswich areas |
| Email / Website | linda.pete.keegan@tesco.net |
| Supervision Training | Cert. in Supervision. |
| Sup. Experience | More than 150 hours over 3 years |
| Code of Ethics | BACP, UKCP |
| Currently Counselling | Yes |
| Telephone Times | 24hour answerphone |
| Supervision Times | Mon - Fri + evenings |
| Supervision Offered | I offer supervision to all professionals using an Integrative approach. I work in both the public and private sector. |
| Supervision Fee | £35, negotiable for students |

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| LOVEGROVE | Jill |
| Telephone | 01638 507 404 |
| Address | Dullingham, Newmarket CB8 9XH |
| Email / Website | jill.lovegrove2@btopenworld.com www.jilllovegrovecounselling.co.uk |
| Supervision Training | Cambridge Supervision Training (CST) (Adlerian based) '08 • Institute for Individual Psychology |
| Sup. Experience | Tutor on Counselling Foundation Course at Parkside Cambridge. Two years supervision experience. |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | 8.30am - 7.30pm including answerphone at all times |
| Supervision Times | 10.15am - 6.30/7.30pm |
| Supervision Offered | Belief in an open, empathic supervising relationship which offers encouragement and support for individuals and small groups from a spectrum of settings, eg NHS, workplace, trainee counsellors/psychotherapists. |
| Supervision Fee | £45 per hour |

Counselling Supervisors

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|------------------------------|--|
| MALLION | Bill |
| Telephone | 01284 755059 |
| Address | 1 Saxon Rise, Bury St Edmunds IP33 3LF |
| Email / Website | billmallion@supanet.com |
| Supervision Training | Supervision, staff training and support, London Training Group '64-'67 • 10 years teaching supervision '73-'83 • Ongoing 'top up' training • Adv. Practicum Supervisor (Reality Therapy). |
| Sup. Experience | 800 hours over 15 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | Answerphone |
| Supervision Times | 9.00am - 4.00pm - Tuesdays, Wednesdays, Thursdays |
| Supervision Offered | My person centred approach is enriched by long experience of supervising field and residential social work staff, detached youth and community workers, etc over a period of 35 years. Reality therapy helps with focus and direction. |
| Supervision Fee | £40 per hour (£20 for trainees) |

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|------------------------------|---|
| NASH | Jan |
| Telephone | 01394 450346 |
| Address | The Haven, Blacklands Lane, Sudbourne, Woodbridge IP12 2AX |
| Email / Website | jan@jan-nash.co.uk |
| Supervision Training | Cert. in Supervision, Maxtrix • Currently on Dip. in Supervision Course, Matrix (ends March 2011) |
| Sup. Experience | 1,000+ hours over 5 years - 1 year counsellors and student counsellors |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | 24hour answerphone |
| Supervision Times | Monday - Friday by arrangement (including evenings) |
| Supervision Offered | One to one supervision for counsellors, students and practitioners in other professions (eg mediators, coaches). I tailor the supervision to meet my supervisees needs with the best interests of the client being paramount. |
| Supervision Fee | £35 - some concessions available |

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|------------------------------|---|
| PINDER | Christine |
| Telephone | 07770 975309 |
| Address | 3 Mayfields, Martlesham Heath, Ipswich IP5 3TU |
| Email / Website | footsteps.suffolk@hotmail.co.uk |
| Supervision Training | Manna House '06 |
| Sup. Experience | 75 hours over 5 years |
| Code of Ethics | ACC |
| Currently Counselling | YES |
| Telephone Times | 8.00am - 8.00pm |
| Supervision Times | By appointment |
| Supervision Offered | Integrative, person centred supervision for counsellors and trainees. |
| Supervision Fee | £35 per hour |

Counselling Supervisors

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|------------------------------|--|
| PLOWMAN | Polly |
| Telephone | 01206 393104 |
| Address | 71 South Street, Manningtree, Essex CO11 1DT |
| Email / Website | pollyplowman@talktalk.net www.plowmanpsychotherapy.co.uk |
| Supervision Training | Dip. Psychosynthesis Supervision, Re-Vision '95 • Supervisor Accred. Individuals and Groups, BACP '01 • BACP Snr. Supervisor Accred. '09 • Supervision Dip. Training, Metanoia '94 |
| Sup. Experience | 7,500 hours over 15 years |
| Code of Ethics | BACP, UKCP, European Assoc. for Psychotherapy |
| Currently Counselling | YES |
| Telephone Times | Weekdays or 24 hour answerphone |
| Supervision Times | Weekdays 9.00am - 6.30pm |
| Supervision Offered | Clinical supervision for individuals or groups; counselling/psychotherapy supervision but also supervision for other professionals in allied fields. Organisational issues, work/life balance etc, as well as client work. |
| Supervision Fee | £45 per hour |

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|------------------------------|---|
| SARGEANTSON | Elizabeth |
| Telephone | 01728 724906 |
| Address | IP13 7JX |
| Email / Website | sarges@talk21.com |
| Supervision Training | Relate supervisor training '05 |
| Sup. Experience | 1,350 hours over 6 years |
| Code of Ethics | COSRT |
| Currently Counselling | YES |
| Telephone Times | |
| Supervision Times | By appointment |
| Supervision Offered | Psychodynamic, integrative and cognitive behavioural for counsellors and psychosexual therapists. |
| Supervision Fee | £50 |

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|------------------------------|--|
| SCASE | Sue |
| Telephone | 01449 737180 |
| Address | 38 The Street, Brettenham, Ipswich IP7 7QP |
| Email / Website | suescase@keme.co.uk |
| Supervision Training | Certificate in Supervision '06, Cruse Bereavement Care |
| Sup. Experience | 100 hours over 5 years |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | 24hour answerphone |
| Supervision Times | By appointment |
| Supervision Offered | Psychodynamic supervision for individuals, small groups and trainees. I offer supervision for long and short term work. Experience of private practice, primary care and the voluntary sector. |
| Supervision Fee | £37 per 50 minute session - some low cost places available |

Counselling Supervisors

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|------------------------------|---|
| SHARPE | Chris |
| Telephone | 01473 278123 |
| Address | 29 St Mary's Road, Ipswich IP4 4SW |
| Email / Website | chris@sharpe99.freeserve.co.uk |
| Supervision Training | Cert. in the Supervision of Counselling, Uni. of Cambridge '96 |
| Sup. Experience | 1,800 hours over 13 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | Answerphone |
| Supervision Times | Negotiated appointments |
| Supervision Offered | Integrative, working with different models, methods and approaches, tailored for each supervisee and client work setting. Explicitly using the working relationship at all levels - in the client's interest. |
| Supervision Fee | £80 (including VAT) - 1.5 hours - some negotiated fee places` |

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| STAINES | Maureen |
| Telephone | 01394 384194 |
| Address | Woodbridge IP12 4LB |
| Email / Website | maureen.sta@btinternet.com |
| Supervision Training | Certificate in Counselling Supervision, Ipswich Psychotherapy & Counselling Centre, '99 |
| Sup. Experience | More than 600 hours over 12 years |
| Code of Ethics | BACP |
| Currently Counselling | Yes |
| Telephone Times | 9.30am to 8.00pm |
| Supervision Times | 9.30am to 5.30pm, Monday and Tuesday |
| Supervision Offered | Individual supervision for qualified and training counsellors who work in a variety of settings, using an integrative model that is based on the therapeutic relationship. |
| Supervision Fee | £35 with some reduced fees for counsellors in training |

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|------------------------------|---|
| STRETTON | Julia |
| Telephone | 01473 780043 or Mobile: 07984 578842 |
| Address | Chelmondiston, Ipswich IP9 1DR |
| Email / Website | julia@jjscounselling.co.uk |
| Supervision Training | Cert. in Person-Centred supervision, awarded by the Norwich Centre '05, accredited by the College of Teachers |
| Sup. Experience | 300 + hours over 6 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | 24hour answerphone |
| Supervision Times | By appointment |
| Supervision Offered | Supervision from a Person-Centred approach offered to qualified counsellors and trainees. |
| Supervision Fee | £50 per 1.5 hour session. Reduced rates available for trainees and volunteers. |

Counselling Supervisors

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|------------------------------|--|
| TATTERSALL | Seija |
| Telephone | 01728 689002 |
| Address | New House, Mill Road, Friston, Saxmundham IP17 1PH |
| Email / Website | seijatattersall@yahoo.co.uk |
| Supervision Training | Dip. Supervision (WPF) '96 |
| Sup. Experience | 900+ hours over 16 years |
| Code of Ethics | BACP, CPC (Counsellors in Primary Care) |
| Currently Counselling | YES |
| Telephone Times | Answerphone |
| Supervision Times | By agreement |
| Supervision Offered | One-to-one supervision. Long experience in GP practice and other time limited work, also working with asylum seekers. Consultation and supervision of supervision. |
| Supervision Fee | £45 |

| | |
|------------------------------|--|
| WADE | Gloria |
| Telephone | 01728 603515 |
| Address | Iris Cottage, 19 Benhall Green, Saxmundham IP17 1HL |
| Email / Website | nicewarm.glow@virgin.net |
| Supervision Training | BACP Accredited |
| Sup. Experience | 1,000+ hours over 20 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | 9.00am - 6.00pm, Monday - Friday |
| Supervision Times | 10.00am - 6.00pm, Monday - Friday |
| Supervision Offered | Individual counsellors, agency workers, addiction, sex abuse, newly qualified. |
| Supervision Fee | £40 per hour |

| | |
|------------------------------|--|
| WALLER | Rosa |
| Telephone | 01473 736224 |
| Address | Novocastria Sandy Lane, Waldringfield, Woodbridge IP12 4QY |
| Email / Website | rosawaller@hotmail.com |
| Supervision Training | Cambridge Supervision Training 2008. |
| Sup. Experience | Two years |
| Code of Ethics | UKCP BACP |
| Currently Counselling | Yes |
| Telephone Times | 24hour answerphone |
| Supervision Times | Days/evenings |
| Supervision Offered | Integrative, combining psychodynamic, humanistic and cognitive approaches. Individual practitioners - counsellors, psychotherapists, health care professionals. I offer a safe space for support, exploration and encouragement within an ethical framework. |
| Supervision Fee | £40 |

Counselling Supervisors

| | |
|------------------------------|---|
| WASS | Colin |
| Telephone | 01206 331218 or Mobile 07713 280109 |
| Address | 21 Rose Avenue, Stanway, Colchester CO3 0RU |
| Email / Website | colinwass@lineone.net |
| Supervision Training | Theory, skills and practice Oct '04-June '05 • Cert. in Supervision July '05 • Cert. in 'Becoming an Effective Supervisor' Oct '05 |
| Sup. Experience | 6 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | Daytime/evenings |
| Supervision Times | Negotiable |
| Supervision Offered | Person-centred/integrative for all stages of Counsellors experience. I supervise Counsellors and Trainees in both long and short term work. |
| Supervision Fee | Minimum £25 maximum £35 negotiable |

| | | |
|------------------------------|---|--|
| WHITING | Hayley | |
| Telephone | 07749 814490 | |
| Address | Great Barton, Bury St Edmunds | |
| Email / Website | hayley@hayleywhiting.co.uk | www.hayleywhiting.co.uk |
| Supervision Training | Completion of Supervision Course, ACC March '06 | |
| Sup. Experience | 120 + hours over 5 years | |
| Code of Ethics | BACP | |
| Currently Counselling | Yes | |
| Telephone Times | 9.00am - 8.00pm | |
| Supervision Times | By arrangement | |
| Supervision Offered | Integrative supervision for counsellors and pastoral workers. | |
| Supervision Fee | £45 - some reduced fee places | |

| | |
|------------------------------|---|
| WIGHTWICK | Helen |
| Telephone | 01284 767054 |
| Address | 3 Honey Hill, Bury St Edmunds IP33 1RT |
| Email / Website | |
| Supervision Training | Dip. in Supervision WPF London '00 |
| Sup. Experience | 1,900 hours over 12 years |
| Code of Ethics | BAPPS, BACP, UKCP |
| Currently Counselling | YES |
| Telephone Times | Anytime answerphone |
| Supervision Times | By appointment |
| Supervision Offered | Psychodynamic supervision for groups or individuals including trainees. |
| Supervision Fee | £40 per hour |

Counselling Supervisors

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|------------------------------|---|
| WILMAN | Julie |
| Telephone | 07796 514803 |
| Address | Cranleigh, 38 Catherine Road, Woodbridge IP12 4JP |
| Email / Website | julie.wilman@tiscali.co.uk |
| Supervision Training | Cert. in Person-Centred Supervision, Psychology Matters, London '07 |
| Sup. Experience | 200 hours over 7 years |
| Code of Ethics | ACC, BACP |
| Currently Counselling | Yes |
| Telephone Times | 8.00am - 8.00pm |
| Supervision Times | By appointment |
| Supervision Offered | Person-centred supervision for individual qualified counsellors and trainees. |
| Supervision Fee | £50 per 1.5 hours (£45 per 1.5 hours trainees) |

| | |
|------------------------------|--|
| WIMBUSH | Annie |
| Telephone | 01842 763946 |
| Address | 10 The Street, Euston IP24 2QQ |
| Email / Website | |
| Supervision Training | RELATE: National Marriage Guidance Supervisor Training '94 |
| Sup. Experience | 3,300 hours over 16 years |
| Code of Ethics | BACP |
| Currently Counselling | YES |
| Telephone Times | 9.00am - 8.00pm answerphone |
| Supervision Times | By arrangement |
| Supervision Offered | Psychodynamic supervision to individual counsellors, supervisors and groups. |
| Supervision Fee | £40 per hour |

Counselling and CPD Training Providers

CAVENDISH TRAINING

| | | | |
|--|--|-------------------------------|-------------------|
| Address | 26 High Street, Cavendish, Sudbury CO10 8AX | | |
| Tel | 07792 187304 or 09983 391394 | | |
| Email / Website | counselling-suffolk@gmail.com | www.counselling-suffolk.co.uk | |
| Theoretical Base | Integrative psychodynamic | | |
| Training Offered | Practitioner Self Care/Awareness • Exploring the Unconscious with Guided Visualisation and Art | | |
| Pre Qualification Qualification | None - only a desire to grow | | |
| Qualification | Certificate of attendance | | |
| Awarding Body | N/A | BACP Accredited | N/A |
| Locations | Various locations in East Anglia | | |
| Course Dates | Please contact us for this years schedule or email us to go on our mailing list | | |
| Fees | Dependant on the course - call/email for details | Disabled Access | If venue dictates |

CHRIS SHARPE TRAINING AND DEVELOPMENT CONSULTANCY

| | | | |
|--|---|------------------------|-----|
| Address | 29 St Mary's Road, Ipswich IP4 4SW | | |
| Tel | 01473 278123 | | |
| Email / Website | chris@sharpe99.freeserve.co.uk | | |
| Theoretical Base | Integrative | | |
| Training Offered | Navigator Personal Development Training for Men • Range of Groupwork Programmes - Certificate and tailored • Supervision Training • Team building | | |
| Pre Qualification Qualification | Assessment of each student's needs and exploring previous training and experience | | |
| Qualification | Various | | |
| Awarding Body | Various | BACP Accredited | No |
| Locations | Ipswich, East Anglia and London | | |
| Course Dates | Across the year | | |
| Fees | Negotiable depending on the Programme | Disabled Access | Yes |

DI JOHNSTON TRAINING COURSES

| | | | |
|--|---|------------------------|------------------------------------|
| Address | 1 The Poplars, Ashbocking IP6 9JJ | | |
| Tel | 07904 379388 | | |
| Email / Website | dijohnston@hotmail.co.uk | | |
| Theoretical Base | Integrative, Psychodynamic and Cognitive Behavioural | | |
| Training Offered | Courses relating to couple and relationship work, psychosexual, gay and gender issues, abuse, loss and self esteem work • Day workshops or longer courses as required | | |
| Pre Qualification Qualification | Experience depending on the course | | |
| Qualification | Certificate of attendance | | |
| Awarding Body | Some arranged through Colleges and Counselling Organisations | | |
| Locations | Suffolk, Norfolk and Essex | BACP Accredited | No |
| Course Dates | Arranged throughout the year | | |
| Fees | Depending on length of course. | Disabled Access | Some - depending on training venue |

Counselling and CPD Training Providers

DYNAMIC CHOICE CONSULTING

| | | | |
|--------------------------|--|------------------------|---------------------------|
| Address | 5 Bullen Close, Bury St Edmunds IP33 3JP | | |
| Tel | 01284 755059 | | |
| Email / Website | billmation@supanet.com or neildavies51@gmail.com | | |
| Theoretical Base | Choice Theory (one of the founding CBT approaches) | | |
| Training Offered | A 4-day course introduces you to the core principles of Choice Theory. This quickly leads on to its application in many and varied settings: Counselling (Reality Therapy); Industry, Commerce, Education (Lead Management). Options to progress to "Advanced" and to certification. | | |
| Pre Qualification | None | | |
| Qualification | "Basic Intensive Week" Certificate | | |
| Awarding Body | William Glasser Institute, U.S.A. | BACP Accredited | Counts towards BACP |
| Locations | Various - West Suffolk and beyond. | | |
| Course Dates | As numbers permit, usually once a year | | |
| Fees | £395 (including food) | Disabled Access | Some - depending on venue |

ROBINA SCOTT (PRH ENGLAND)

| | | | |
|--------------------------|--|------------------------|-----|
| Address | 9B Lorne Road, Southwold IP18 6EP | | |
| Tel | 01502 722589 | | |
| Email / Website | prh.admin@virgin.net | www.prhengland.co.uk | |
| Theoretical Base | Rogerian Inspired Positive Psychology | | |
| Training Offered | Personality and Human Relations, short weekend modules and 5-day intensives on various aspects of personal growth. Using simple, experiential and structured method, developing positive core. . Highly acclaimed internationally. | | |
| Pre Qualification | No - only desire to grow | | |
| Qualification | Certificate of attendance | | |
| Awarding Body | PRH England | BACP Accredited | No |
| Locations | Various locations in East Anglia and London | | |
| Course Dates | Please ask for 2011 programme | | |
| Fees | From £80 - sliding scale, negotiable | Disabled Access | Yes |

TESSA JORDAN

| | | | |
|--------------------------|--|------------------------|-----|
| Address | 48 Crabbe Street, Ipswich IP4 5HS | | |
| Tel | 01473 728498 | | |
| Email / Website | tessa@tessajordan.co.uk | www.tessajordan.co.uk | |
| Theoretical Base | | | |
| Training Offered | Bach Flower Remedies - a full series of three courses from Introductory to Practitioner Level, approved by the Dr. Edward Bach Foundation. Bach Flower Remedies help support individuals to find emotional balance and to heal themselves - in a Self-Help System. | | |
| Pre Qualification | None | | |
| Qualification | Certificate | | |
| Awarding Body | Courses recognised by the Dr. Edward Bach Foundation | BACP Accredited | No |
| Locations | Ipswich, Suffolk | | |
| Course Dates | Varies - please contact us or check the website | | |
| Fees | £140 for introductory level course | Disabled Access | Yes |

Counselling and CPD Training Providers

UNIVERSITY OF ESSEX - CENTRE FOR PSYCHOANALYTIC STUDIES

| | |
|--------------------------|--|
| Address | Wivenhoe Park, Colchester CO4 3SQ |
| Tel | 01206 873745 |
| Email / Website | cpsgrad@essex.ac.uk www.essex.ac.uk/centres/psycho/ |
| Theoretical Base | Psychoanalytic, Jungian, Refugee Care, Organisational Dynamics |
| Training Offered | We offer short courses, undergraduate and postgraduate taught courses, and doctoral research opportunities. Programmes emphasise clinical as well as social and cultural aspects of psychoanalytic and Jungian thinking. |
| Pre Qualification | For further information please contact the Senior Student Administrator |
| Qualification | Varies between courses taken |
| Awarding Body | University of Essex BACP Accredited No |
| Locations | We off courses at our Colchester and Southend campuses |
| Course Dates | October of each year, although some individual modules can be taken from January. |
| Fees | Varies depending on course taken, for further Disabled Access Yes Information, please contact the Senior Student Administrator |

THEORETICAL APPROACHES (with acknowledgement to BACP)

The following is an alphabetical list of commonly used theoretical approaches with brief descriptions of their meanings:

Adlerian Therapy

Adlerian Therapy, originated by Alfred Adler, focuses on creating a therapeutic relationship that is co-operative, encouraging and practical. Adlerian counsellors help clients explore their unique 'lifestyle' and 'private logic' (their core beliefs about self, others and the world) to increase understanding of and challenge habitual patterns of behaviour and hidden goals. It is an educative process of dialogue, insight, encouragement, re-orientation and enablement towards useful involvement in and contribution to society.

Behavioural Therapy

This therapy is based on the belief that behaviour is learnt in response to past experience and can be unlearned, or reconditioned, without analysing the past to find the reason for the behaviour. It works well for compulsive and obsessive behaviour, fears, phobias and addictions.

Brief Therapy

This uses the cognitive behavioural approach with a small, planned number of sessions and possibly a single follow-up session after some time has elapsed (see also Solution focused brief therapy)

Cognitive Analytical Therapy

This combines cognitive therapy and psychotherapy and encourages clients to draw on their own resources to develop the skills to change destructive patterns of behaviour. Negative ways of thinking are explored and treatment is structured and directive involving diary-keeping, progress charts, etc.

Cognitive Behavioural Therapy (CBT)

This combines cognitive and behavioural techniques. Clients are taught ways to change thoughts and expectations and relaxation techniques are used. It has been effective for stress-related ailments, phobias, obsessions, eating disorders and (at the same time as drug treatment) major depression.

Cognitive Therapy

Uses the power of the mind to influence behaviour. It is based on the theory that previous experiences can adversely affect self-perception and condition attitude, emotions and ability to deal with certain situations. It works by helping the client to identify, question and change self-denigrating thoughts, thus altering habitual responses and behaviour. It can help pessimistic or depressed people to view things from a more optimistic perspective.

Dramatherapy

Uses action methods, which have their roots in drama, to facilitate creativity, imagination, learning, insight and growth. It provides the opportunity to view difficulties from a new, illuminating angle.

Eclectic Counselling

An eclectic counsellor will select what is applicable to the client from a range of theories, methods and practices. Justification is based on the theory that there is no proof that any one theoretical approach works better than all others for a specific problem.

Existential Counselling

Existentialists believe that life has no essential (given) meaning: any meaning has to be found or created. Existential counselling involves making sense of life through a personal world view and includes a willingness to face one's life and life problems.

Gestalt Therapy

The name is derived from the German for "organized whole". Developed by Fritz Perls, it is based on his belief that the human response to experiences is summed up in a person's thoughts, feelings and actions. The client gains self-awareness by analysing behaviour and body language and giving expression to repressed feelings. Treatment often includes acting out scenarios and dream recall.

Humanistic Psychotherapy

This embraces techniques coming from the "personal growth movement" and encourages people to explore their feelings and take responsibility for their thoughts and actions. Emphasis is on self-development and achieving highest potential rather than dysfunctional behaviour. "Client-centred" or "non-directive" approach is often used and the therapy can be described as "holistic". The client's creative instincts may be used to explore and resolve personal issues.

Hypnotherapy

Involves a way of working that induces diminished sensitivity to painful memories or images and can use this to encourage the recall of repressed memories, or to suggest ways to improve coping.

Integrative Counselling

This is when several distinct models of counselling and psychotherapy are used together in a converging way rather than in separate pieces.

Neuro-linguistic programming (NLP)

NLP is described as 'the psychology of excellence' and sees a world of excellence where people can be facilitated in creating their own choice and flexibility. Presuppositions are used as the basic operating principles, some examples being 'Human behaviour is purposeful', 'we either already have all the resources we need or we can create them', 'Modelling successful performance leads to excellence. If one person can do it it is possible to model it and teach it to others'. In NLP, modelling means finding out how someone does something. The core of NLP is the process of replicating excellence.

Person-centred counselling

Devised by Carl Rogers and also called "client-centred" or "Rogerian" counselling, this is based on the assumption that an individual (client), seeking help in the resolution of a problem he /she is experiencing, can enter into a relationship with another individual (counsellor) who is sufficiently accepting and permissive to allow the client to freely express emotions and feelings. This will enable the client to come to terms with negative feelings, which may have caused emotional problems, and develop inner resources. The objective is for the client to become able to perceive him/herself as a person, with the power and freedom to change, rather than as an object.

Primal therapy

This is based on the theory that suppressed birth or infancy traumas can resurface as neuroses. The therapy takes the client back to the "primal scene" where trauma can be re-experienced as an emotional cleansing

Psychoanalysis

This is based on the work of Sigmund Freud, who believed that the unacceptable thoughts of early childhood are banished to the unconscious mind but continue to influence thoughts, emotions and behaviour. "Repressed" feelings can surface later as conflicts, depression, etc or through dreams or creative activities. The analyst seeks to interpret and make acceptable to the client's conscious mind, troublesome feelings and relationships from the past. "Transference" onto the analyst, of feelings about figures in the client's life, is encouraged. This type of therapy is often used by clients suffering high levels of distress and can be a lengthy and intensive process.

Psychodynamic Psychotherapy / Counselling

This approach stresses the importance of the unconscious and past experience in determining current behaviour. The client is encouraged to talk about childhood relationships with parents and other significant people and the therapist focuses on the client/therapist relationship (the dynamics) and in particular on the transference. Transference is when the client projects onto the therapist feelings experienced in previous significant relationships. The psychodynamic approach is derived from Psychoanalysis but usually provides a quicker solution to emotional problems.

Psychosynthesis

Sometimes described as "psychology of the soul", Psychosynthesis aims to integrate or "synthesize" the level of consciousness, at which thoughts and emotions are experienced, with a higher, spiritual level of consciousness. Painting, movement and other techniques can be used to recognize and value different facets of the personality. Psychosynthesis is useful for people seeking a new, more spiritually oriented vision of themselves.

Reality Therapy

Reality therapy is concerned with teaching people more effective ways to deal with the world. Individuals discover more effective ways of meeting needs. It is clients themselves who evaluate their own behaviour and determine what changes, if any, they are prepared to make. The counsellor assists them in designing a plan for change. This can only be achieved by establishing a friendly, trusting atmosphere.

Re-birthing

In this approach, emotional or physical traumas during birth are said to create feelings of separation or fear in later life. Breathing techniques are used to release tension whilst the client re-experiences traumatic emotions. A skilled practitioner is essential.

Solution-Focused Brief Therapy

This promotes positive change rather than dwelling on past problems. Clients are encouraged to focus positively on what they do well and to set goals and work out how to achieve them. As little as 3 or 4 sessions may be beneficial.

Systemic Therapies

These are the therapies that have, as their aim, a change in the transactional pattern of family members. It can be used as the generic term for family therapy and marital therapy.

Transactional Analysis (TA)

This is based on the belief that everyone has a child, adult and parent self within them and, within each social interaction, one self predominates. By recognising these roles, a client can choose which one to adopt and so change behaviour. This form of therapy has produced the term "inner child", used to describe unfulfilled needs from childhood.

Transpersonal Therapy

This describes any form of counselling or therapy which places emphasis on spirituality, human potential or heightened consciousness. It includes psychosynthesis.

TERMS AND PHRASES

Anorexia Nervosa

Characterised by fear of losing control of appetite and body size, together with steady reduction of food intake, often leading to emaciation.

Anxiety

A feeling of uneasiness, inner tension, apprehension or even fear.

Bach Flower Therapy

Uses flower essence to gently encourage emotional balance. The remedies do not work directly on the physical level, but rather on a person's mood or state of mind.

Biodynamic Massage

Biodynamic Massage is concerned with the integration of mind and body. It involves a broad range of techniques that work not only at the physical level of skin, tissue, muscle and bone, but also at the more subtle level of energy flow in the body.

Bulimia Nervosa

An obsession with body size and weight together with over-eating and the use of vomiting as a means of weight control. Laxative abuse and excessive exercise may also be a feature.

Compulsive Eating

An obsession with body size and weight, coupled with eating uncontrollably with emotional rather than physical hunger.

Depression

Feelings of sadness, isolation and anxiety leading to difficulties in coping with life.

Focusing

A subtle, inner process identified by Eugene Gendlin as a result of research into what people were 'doing' who benefited most from psychotherapy. Focusing may be taught, or used in counselling to bring a friendly attention to the felt sense experienced in the centre of the body which leads to a series of shifts.

Holistic

Addressing every aspect of a person's life - emotional, mental, social, spiritual and physical.

Homeopathy

A system of medicine which aims to work with the body, giving highly dilute remedies to stimulate a healing response. Emphasis is placed on assessing the individual as a whole, in body, mind and spirit. The therapy was established by Samuel Hahnemann in the eighteenth century.

Myalgic Encephalomyelitis (ME)

A disease characterised by muscle fatigue, body pain, chronic exhaustion, severe flu like symptoms and digestion problems.

Parks Inner Child Therapy (PICT)

A specifically structured approach to inner child work, which deals with the parent, child and adult aspects of people to create inner harmony and balance.

Psycho-Sexual

Sexual problems of psychological origin.

Psychosomatic

Of mind and body as a unit: concerned with physical diseases having emotional component.

Psychotherapy

A term which denotes a range of methods which deal with emotional problems, all of which try to help the client in changing, to better understand her or himself, and help to explore new ways of behaving.

Schizophrenia

A condition that affects the most basic mental functions that give people the sense of individuality, uniqueness and direction. It can cause people to hallucinate, hear voices, develop feelings of bewilderment or fear and believe that their deepest thoughts, feelings and acts may be known to, or controlled by, others.

Time Line Therapy (TLT)

A method of accessing memories, decisions and experiences which adversely affect our lives and making positive adjustments.

Transpersonal Psychology

Acknowledges human spiritual capacity, our potential for wholeness, and the expansion of consciousness. Jung, Maslow and Assagioli were pioneers in this field. Transpersonal Counselling may include working with dreams, myths, symbols and images.

We are grateful for entrants' own definitions, and help with abbreviations

ABBREVIATIONS

| | |
|---------------|---|
| A C C | Association of Christian Counsellors |
| A E B | Associated Examining Board |
| A G I P | Association for Group and Individual Psychotherapy |
| A H B M T | Association of Holistic Biodynamic Massage Therapists |
| A H P | Association of Humanistic Psychology |
| A H P P | Association for Humanistic Psychology Practitioners (also UKAHPP) |
| A N L P | Association of Neuro Linguistic Programmers |
| A P T | Association of Play Therapists |
| A P T | Association of Professional Therapists |
| B A C P | British Association for Counselling and Psychotherapy |
| B A D Th | British Association for Drama Therapists |
| B A P C A | British Association for the Person Centred Approach |
| B A P | British Association of Psychotherapists |
| B A P P S | British Association for Psychodynamic and Psychoanalytic Supervisors |
| B I I P | British Institute of Integrative Therapists |
| B P S | British Psychological Society |
| B R S | British Rebirth Society |
| C P C | Counsellors in Primary Care |
| C O S R T | College of Sexual and Relationship Therapists |
| C Q S W | Certificate of Qualification in Social Work |
| C S C T | Central School of Counselling and Therapy |
| C B P C | Cambridge Body Psychotherapy Centre |
| E A C | European Association for Counselling |
| E A G A L A | Equine Assisted Growth and Learning Association |
| E M D R | Eye Movement Desensitisation and Reprocessing |
| F I P | Forum of Independent Psychotherapists |
| F P C | Foundation for Psychotherapy and Counselling |
| H P C | Health Professionals Council |
| I A T E | Institute for Arts in Therapy and Education |
| I C E | (Cambridge University) Institute of Continuing Education formerly BCE |
| I G A | Institute of Group Analysis |
| I P C C | Ipswich Psychotherapy and Counselling Centre |
| I P N | Independent Practitioners Network |
| I R T | Institute for Reality Therapy (UK) |
| I S M A | International Stress Management Association (UK) |
| I T A | Institute of Transactional Analysis |
| M E | Myalgic Encephalomyelitis |
| M N C P | Member of the National Council of Psychotherapists |
| M N C H | Member of the National Council of Hypnotherapists |
| N L P | Neuro Linguistic Programming |
| N O T A | National Offenders Treatment Association |
| N R H P | National Register of Hypnotherapists and Psychotherapists |
| N V Q | National Vocational Qualification |
| P E T | Psychosynthesis and Education Trust (London) |
| P I C T | Parks Inner Child Therapy |
| P T S D | Post Traumatic Stress Disorder |
| R S A | Royal Society of Arts |
| R S P O P U K | Research Society for Process Oriented Psychology UK |
| R T A | Reality Therapy Association |
| S A C | Suffolk Association for Counselling |
| S A P | Society of Analytical Psychology |
| U E A | University of East Anglia |
| U K A P I | United Kingdom Association for Psychotherapy Integration |
| U K A P C | United Kingdom Association of Psychotherapeutic Counsellors |
| U K C P | UK Council for Psychotherapy (formerly UKSCP) |
| U K R C P | United Kingdom Register of Counsellors and Psychotherapists |
| U N I S A | University of South Africa |
| W P F | Westminster Pastoral Foundation |

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David Warner

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