

# Needing Emotional Support?

## The Person-Centred Approach

In the Person-Centred Approach to counselling, we believe that you are the expert in your own experience. The role of the therapist is help create an environment which is safe and supporting for you to share what's going on in your life. It's important for you to only bring what you feel comfortable with. Importantly, as person-centred therapists we are not here to give advice or judgements but to offer a unconditionality and support to you when you need it. Therapy is your space to be you, without strings attached.

## Structure

Our counselling sessions will operate within an open-ended model. As such, throughout our session together will have regular reviews for us to be able to check out how therapy is working for you and what your needs are throughout the process.

We will begin our sessions together with going over important details regarding the frequency, time and location of your sessions. We will also talk about confidentiality policies, data protection and expand on what therapy can offer and what it can't. We will explore what brings you to therapy and consider how the following sessions will be structured, if you agree to continue therapy.

## COVID-19 Disclaimer

Due to the COVID-19 pandemic, there are ways in which I have had to adapt my practice. Our therapy sessions will have to be conducted via telephone, following Government and BACP guidelines.

Importantly, telephone counselling isn't considered to be a complete replacement to face-to-face counselling.

In the event that the lockdown is lifted, it would be hoped that our sessions will continue face-to-face (this will be discussed when Government guidelines have been relaxed).



## About Me

I'm Kristoffer, a counsellor in training working towards professional accreditation with the British Association for Counselling and Psychotherapy (BACP).

## Contact Me

If you have any additional questions or would like to set up an appointment, I'm happy for you to **contact me\*** directly by phone or by email (leaving your full name and contact details):

Mobile: 07840594533

Email: KGRAYCounselling@outlook.com

Availability

[9am–5pm]

SUN, MON, TUE

\*I will aim to get back to you within 24 hours

If I do not answer the phone immediately, please leave your full name and contact details.

Due to the nature of my training program, I am only able to see clients aged 16+

In association with:

