



What to expect

Description

You can be confident that our work together will be tailored to address what is important to you, and that we will go at the pace you find comfortable.

We will discuss and explore together, clarify priorities and how to best identify and create your desired change.

Practical tips and assistance will be offered to resolve any mental wellbeing and emotional issues quickly and effectively. These can be used to develop your personal toolkit for future life challenges.

Suggestions and strategies will be offered, and we will develop motivating options together.

You will be assisted to think more clearly, to quickly become more aware of your needs and how to best address them. This includes working with your imagination and life experience to jointly come up with new possibilities, ideas and ways of thinking or looking at things.

We will regularly check that our work together is achieving your goals.

All information is given and received in the strictest of confidence.

You can expect to think and feel in new and helpful ways after every single session.

Services provided for ages 18 and over.

Sessions can be conducted online, by telephone, in person at your office or at my therapy room in Sydenham, southeast London.

[Get In Touch](#)

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