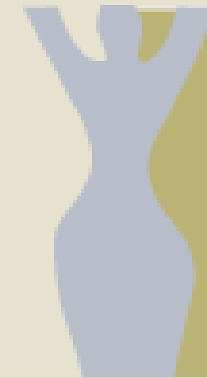


counselling can help with a wide range of issues including

- anxiety
- depression
- bereavement
- stress
- anger management
- relationship difficulties
- identity issues
- personal development

sessions are weekly at a regular time; they last for fifty minutes.

Cost is **£20** per session.



**the
low-cost
counselling
clinic**

at The Blue Lotus Therapy Centre
Workshops 2/3
Scorrier House
Redruth
TR16 5AU

telephone
01736 753410

the **low cost counselling clinic** is staffed by students who are senior trainee counselors in the final stages of their training from a variety of training institutions; they may also be qualified practitioners working towards accreditation.

- many have experience in health care professions and related fields
- many have already done a previous training.

all the counsellors are **supervised regularly** in-house by a highly experienced supervisor, psychotherapist and counsellor.

is counselling for you?

'the aim of counselling is to provide an opportunity for a client to work towards living in a more satisfying and resourceful way.'

British Association of Counselling and Psychotherapy, 2009

counselling usually focuses on specific issues or problems and may be brief or long term

it helps you to gain insight into, and a new perspective on issues which trouble you. You will explore the causes of your difficulties and consider what prevents you from having the kind of life you want.

the aim of the counselling process is to assist you to become better able to understand and accept yourself; to come to terms with the difficult experiences that may have happened to you and to address unhelpful patterns of behaviour, replacing them with much more beneficial ones.

life can become more manageable, more comfortable, lighter and more fun.