

Counselling

Jayne Differ

Diploma in Counselling & BACP registered

Counselling provides you with a supportive, confidential and safe environment in which to talk about your feelings and any problems you may be having. You will be valued and listened to in an understanding, respectful and non-judgmental way.

An effective form of therapy, it aims to help you make positive changes to your life and deal with any issues that may feel overwhelming or are causing you emotional pain, unhappiness or stress. It can help you explore difficult issues and gain more insight into understanding yourself and your problems whilst finding solutions that are right for you.

Counselling can help with a wide range of issues such as:

- bereavement, separation or loss
- redundancy or work-related issues
- issues preventing you moving forward or achieving your ambitions, feeling stuck
- feelings of depression, loneliness or sadness
- feeling anxious, helping you worry less about things
- trauma and abuse
- low self-worth and self-esteem, feeling more confident

Jayne Differ is an experienced, qualified person-centred counsellor and a member of the governing body of BACP (British Association for Counselling & Psychotherapy). She believes that everyone has the ability to reach their unique, full potential and lead a fulfilling life in a way that is right for them.

If you would like to find out more about counselling or book an appointment with Jayne please contact her via reception at The Natural Healthcare Centre on **01283 516 444**.