

What a Welcome Relief...

The choice to take yourself into counselling is possibly the most courageous and personal one that that you may make.

You can trust Dean Richardson as your qualified counsellor because Dean has over twelve years' counselling experience in the Hampshire & West Sussex areas. He's accredited by the British Association for Counselling & Psychotherapy and has worked with many different forms of personal problems and different types of individuals. ... he can work with you too.

This leaflet will explain counselling, how it could help you and what to do next after deciding to meet with Dean.



Important Note...

Dean is not just a qualified counsellor, he is also a counsellor who specialises in working in the psychodynamic methodology of therapy. Whilst any client may be able to work with any counsellor, it's important that you feel comfortable working with the counsellor who works with your area of need.

Contact me:

02392 987 487

enquiry@iCounsellor.co.uk

On the web at <http://www.iCounsellor.co.uk/>



Practices at:

The Marple Cross Centre, 32 Little London,
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Personal Counselling



Dean A. Richardson *Individual's Counsellor*

There are times when leaning on a friend or family member helps us through our problems. Yet, occasionally a friend or family member just isn't enough to help you.

When you're looking for exceptional integrity, experience, qualifications and a talent for understanding your impasse, this would be the time when working with Dean Richardson could be a valuable asset in helping you back on your feet again.

About Dean Richardson



Qualifications:

- Accredited Member of the British Association for Counselling & Psychotherapy.
- UKRCP Registered Independent Counsellor.
- Dip Psych Counselling (CCS/BACP accredited).
- Dip Systemic/Psych Couples Counselling (CCS).

Experience:

- Over twelve years counselling practice.

Counselling Practices:

- Practices in Southsea and Chichester.



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Transformation through Counselling

Portsmouth & Southsea and Chichester

A Choice Place for your Therapy...



Choose Dean Richardson, MBACP(accred), UKRCP Reg., Dip Psych Couns, Dip Couples Couns, as your qualified and experienced BACP-accredited Individuals Counsellor.

Who is it for?

All sorts of individuals come to counselling for all sorts of reasons. Those experiencing a negative recent event, or one from years ago, unexplained behaviour, infidelity, mistrust, life stages, relationships, aging, death ... they all have an impact on an individual's life - and counselling is there when you have temporarily lost your ability to manage on your own.

Why Dean?

It's the relationship that matters in therapy. Counselling is not something that can be "done" to you. Dean demonstrates exceptional integrity and instinctual understanding

of his clients. Often, that sense of just being understood can be of great relief in the beginning phase of counselling. Dean is also a psychodynamic practitioner, meaning he includes working with events and experiences from your past to resolve their hold on making present-day situations a struggle to manage.

Will counselling fix me?

Think of counselling as being a journey where you have invited a counsellor to come along for the trip. The counsellor

...Dean includes working with experiences from your past that can be making present-day situations a struggle to manage...

won't impose the direction of the trip nor tell you what to do. Instead, the counsellor joins you on the trip helping you to decide where best the directions for you might be, sometimes reading parts of the map you hadn't noticed yourself. It's intriguing how it works.

What happens?

We meet weekly for 50 minutes, same time/day. Initially we'll discuss what you think the focus of the counselling might be and how long might be the work (short or long-

term). You're not committed a big number of sessions and you can leave at any time. Over time we'll work on the problem(s) that you initially identify (and those that sometimes come up during the work).

How can it help?

In aiming to help the individual help *him/herself* in understanding what might be going on in their lives, the individual can become able to make newer choices; changes that improve their life.

It can feel good to be free of the burdens that you originally came into counselling to address.



Beginning Counselling...

- Arrange an appointment with me - we'll discuss your needs and if I might be of help before we commit to further work.
- We'll discuss what the focus of our work should be, take some history & discuss what options are next available.

With you every step of the way.

“My intention is to help you navigate through the changes that you want to bring into your life. I know that this can sometimes be tough work, and my promise to you is that I will be there with you every step until we're done, whether our work is short or long-term.**”**