

What a Welcome Relief...

The choice to go into counselling is possibly one of the most courageous one that you may make.

You can trust Dean Richardson as your LGBT-specialist, qualified, experienced & BACP Accredited counsellor. Dean has over twelve years' counselling experience in the Hampshire & West Sussex areas. He has worked with both lesbian, gay, transgender and bi-sexual individuals (as well as heterosexual individuals).

This leaflet explains individuals counselling, how it can help you and what to do next after reading this.



Important Note...

Dean is not just a qualified counsellor, he is also a counsellor who specialises in working with LGBT & Q individuals and LGBT&Q & mixed-sexuality couples. 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://lgbt.iCounsellor.co.uk/>



Practices at:

The Marple Cross Centre,
Albemarle House,
Osborne Road,
Southsea,
Hampshire,
PO5 3LB

32 Little London,
Chichester,
West Sussex,
PO19 1PL

LGBT Individual Counselling



Dean A. Richardson
LGBT Specialist Counsellor

Whilst it's true that a gay, lesbian, transgender, bisexual or "questioning" person may be able to work with most any counsellor, some LGBT individuals choose to work on personal matters with a counsellor who also identifies as a member of the individual's sexuality set.

Dean Richardson is a fully qualified, experienced, Specialist LGBT and BACP Accredited counsellor.

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 Safe Place for your Therapy...



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

Who is it for?

All sorts of LGBT&Q 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 "Specialist" LGBT?

Sometimes, an LGBT&Q client may choose to work with an LGBT-identified counsellor. Sometimes this is to discuss

matters of sexual orientation, sometimes it's just to work with someone the client feels they can identify with. Not all LGBT counsellors identify themselves as LGB or T.

Will the counsellor fix me?

Think of counselling as being a journey where you have invited a counsellor to come along for the trip. The counsellor 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 that you hadn't noticed yourself.

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).

... not all counsellors will identify themselves as LGBT ...

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.

The topic of your sexuality may not be the focus of your counselling and this is perfectly natural. Sometimes a client simply wishes to talk about particular struggles in their life without feeling as if they have to explain their life choices or define their choice of words for their counsellor to understand.



Beginning Counselling...

- Arrange an appointment with me to discuss your needs.
- We'll discuss what the focus of our therapy work should be, take some history & discuss your hopes from counselling.

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.