

Gaining Insight and Understanding Can Ease the Path to Change

W WRITTLER BASED
R RELAXATION - HYPNOTHERAPY
E EMOTIONAL SUPPORT
N NATURALLY CALM ENVIRONMENT

Wren Therapy offers a range of counselling, hypnotherapy and psychotherapy to suit each client personally. Working from home, in a quite relaxed environment I can offer a range of talking therapies and relaxation tailored to individual needs.

Counselling

Counselling offers time in a safe, confidential space to explore feelings, emotions and behaviours. It offers the chance to understand and work towards changing old habits and patterns for new positive outcomes.

Hypnotherapy

Hypnotherapy offers the chance to practise physical and mental relaxation and teaches you de-stressing and calming techniques in order to cope better with stress and anxiety in many areas of life.

Psychotherapy

Psychotherapy offers exploration into deeper issues which may have occurred in the past and are preventing or blocking present or future happiness.

My role as a therapist is to assist clients to discover which technique is most suitable for their individual needs and issues, and I work closely with each client on their personalised treatment plan.

Whether you wish to overcome a specific problem or relax and manage stress levels better, I aim to give clients a Solution Focused approach which suggests some practical ideas and short term measures as well as working towards longer term changes. This builds personal skills and clients gain new tools to apply to problems they may encounter in the future.

▶ Consultations

Initial consultations are free and give you the chance to outline areas of concern and explore suggestions together. There is no obligation to continue at any stage.

▶ Appointments



Sessions usually cost £35 an hour but rates can be reduced according to circumstances and for longer term clients.



Stress and anxiety

Raising self esteem

Loss and bereavement

Relationship issues

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