
NLP (NEURO-LINGUISTIC-PROGRAMMING)

NLP is the *art* and *science* of personal experience. *Art*, because everyone brings their own unique personality and style to what they do. *Science*, because, there is a method and process for discovering the patterns used by individuals in any field to achieve outstanding results. This process is called modelling, and the patterns, skills and techniques so discovered are being used increasingly in counselling (and business) for more effective communications, personal development and learning.

SUPERVISION

Clinical supervision is provided to practising and trainee counsellors, therapists, GP's and other healthcare professionals. The style of supervision offered is both eclectic and reflective in nature, and is accredited by the National Council of Psychotherapists (NCP).

LIFE/PERFORMANCE COACHING

Most people have a fairly good idea of their strengths and weakness. However, knowing *what* you want to change and *how* to go about changing it require different approaches. Performance (Business) Coaching is designed to pinpoint specific changes that will make the difference in a person improving their performance.

PERSONAL SKILLS DEVELOPMENT

Improve Performance – Achieve Excellence
Exude Confidence – Heighten Self Esteem

TRAINING

Anger & Stress Management programmes to learn effective coping behaviours for the individual or group; and workshops/training in Assertiveness and Relaxation.

APPOINTMENTS

Therapy is conducted on a one to one basis in strictest confidence, by appointment. An initial consultation lasting up to 30 minutes is available free of charge and without obligation to determine and clarify the therapy basis, method, duration and fees.

24 Hours notice is required of a cancellation, or the session fee is payable.

Tel: 01235 813370

If your call is not answered personally, then please leave your name and number on the answering service, and your call will be returned as soon as possible.

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*Registered Psychotherapist
And Hypnotherapist*

Personal Counselling
Psychotherapy
Hypnotherapy - Hypnoanalysis
NLP
Supervision
Anger & Stress Management
Personal Skills Development
Training
Life and Performance Coaching

**Orchard
Counselling
Practice**



INTRODUCTION

The following information is intended to give You a brief insight into the power of the subconscious mind, and how that power can be harnessed and used to bring about beneficial changes to assist You in achieving more of the potential that we all possess.

PSYCHOTHERAPY

Psychotherapy is a process of discovery whose goal is to eliminate or control troubling and painful symptoms so that you can return to normal functioning. It is also used to help you overcome a specific problem or to stimulate overall emotional growth and healing. You work to identify, learn to manage, and ultimately, overcome emotional and mental problems.

Multimodal counselling and therapy is a technically eclectic (selecting or borrowing from a variety of styles, systems, theories, etc; characterised by such selection or borrowing; choosing the best out of everything; broad, as opposed to exclusive) and systematic approach. It is an approach developed in response to the constraints of traditional behavioural therapy. Client's needs are often better served by working in multimodal rather than unimodal or bimodal fashions.

Cognitive Analytic Therapy (CAT) is a brief, collaborative therapy, which integrates at theoretical and pragmatic level psychoanalytic and cognitive approaches. CAT is cognitive in the sense that it is problem focused and aims to describe accurately and explicitly the difficulties people face as a process involving links between their aims, beliefs, thoughts and actions. It is psychoanalytic in its emphasis on relationship and in its expectation that early relationships are likely to help explain current difficulties and influence the therapy.

Rational Emotive Behaviour Therapy (REBT) is a system of psychotherapy, which teaches individuals how their belief systems largely determine how they feel about and act towards events in their lives. REBT's emphasis is on the way thought influences feelings.

Solution Focused Therapy (SFT) is a form of brief therapy, which builds upon clients' strengths by helping them to evoke and construct solutions to their problems. It emphasises the future, more than the past or the present. In a solution focused approach the counsellor and client devote a greater proportion of time to solution construction than to problem exploration.

Transactional analysis (TA) is a model for understanding human personality, communication and relationships. TA got its name because it was originally developed as a way of *analysing* the patterns of communication - *transactions* - that people use when they are relating in pairs and groups, and this is still an important emphasis within the approach.

Cognitive behavioural therapy (CBT) can help depression and panic attacks, and many related problems. It works fast, lasts longer than medication, and teaches skills that can be used for a lifetime. CBT is one of the most successful forms of talking therapy and favoured by the NHS. Cognitive means 'thoughts' and CBT teaches people how to use thoughts to change moods and behaviour. How we think influences how we feel and behave. Learning to think in a more balanced way, and recognising negative thoughts helps people overcome depressive thinking. CBT is also effective for all types of anxiety, such as panic disorder, post traumatic stress disorder and social anxiety. Not only do people feel better fast the results last. For example, CBT treatment for panic disorder can be successful in as few as six sessions. CBT is also effective with eating disorders such as bulimia by changing thoughts about food, weight and self image.

COUNSELLING

Counselling provides an opportunity for you to progress towards a more satisfying and resourceful way of life. It opens the door to solutions to personal emotional problems. All that takes place between therapist and client is confidential. **Person-centred therapy** is based on the fundamental belief that human beings are essentially trustworthy, social and creative. The practical expression of this belief is the willingness of the therapist to work to enable a client to realise their own resources and self-understanding. Person-centred counselling emphasises our internal perceptual and emotional world as the source of understanding for our thoughts, feelings and actions.

HYPNOTHERAPY

Hypnosis is an inward focusing of attention through which the demands of the outside world are switched off. It is a state of deep relaxation, during which the critical analytical mind shuts off making the unconscious mind more accessible. During Hypnosis you are not asleep and nothing happens without your consent. You hear everything being said and afterwards will usually remember all that has occurred while in hypnosis. Hypnosis is the skill of communication and language by the therapist and the intelligence, imagination and co-operation of the client.

COGNITIVE HYPNOTHERAPY

Everything about you begins first as a thought this then produces an action. When you change the thought, you change the action. After hypnosis has been induced, the power of your subconscious mind is used to concentrate and focus on new thoughts, words and images that establish new habits, attitudes and behaviour. Suggestion therapy is primarily used in simple cases; Smoking Cessation, Nail Biting, Exam/Test Nerves, Weight Reduction, Confidence Boosting, Public Speaking, Sports Enhancement, Stress, etc.