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Psychotherapy Fact Sheet.



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Welcome

Beginning counselling can feel daunting if it's your first time, or if you've had a bad experience of counselling previously. I aim to make the process as stress free as possible for you. Professional counselling and psychotherapy offers a safe space for people to express difficult thoughts and feelings and explore them with a therapist. Many people report feeling relief, clarity, confidence and better equipped to make the changes they want to in their life.

You can expect a warm, non-judgemental welcome that recognises your right to dignity and privacy.



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Debbie Clements

BA, PgDip, MA, MBACP (Snr Accred), JNC

With over ten years counselling experience and 25 years in mental health related support, I am experienced in supporting around a wide range of challenges including depression, anxiety and relationship difficulties. I am particularly experienced supporting around gender, sexuality and relationship diversity and am advanced accredited by the leading body in this area, Pink therapy. My practice has also been accessed by BACP (who are one of the largest, reputable counselling bodies) to be of a high standard, as such I am one of the minority of counsellors who are senior accredited.

I abide by a robust code of ethics, ensuring you receive a professional and diligent experience. I work with both adults and young people. <https://counsellingserviceleeds.co.uk/about/>



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What I can support you with

These are some of the challenges I can support you with:

Sexuality, gender identity, relationships, Self esteem, Loss and bereavement, identity struggles, depression, living with chronic illness, anxiety, family issues. For more issues that I can support you with, please visit my website at counsellingserviceleeds.co.uk



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What are the next steps

If you feel that I may be able to help you, please do get in touch. If I can offer a time slot that works for you then I will book you in for an initial no-cost chat so we can check I'd be a suitable counsellor for your needs. After this chat, there will be time to reflect on if you'd like to go ahead and book in a start date for beginning your counselling.

Any questions? Please get in touch: <https://counsellingserviceleeds.co.uk/contact/>



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Information on

Individual Counselling Sessions.



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£45 per session

- Free initial 20-minute chat
- Online or telephone sessions available
- Each session is 50mins long



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bacp | professional
standards
authority
accredited register
Registered Member 101168
MBACP (Snr Accred)



Practitioner Member of
BAATN
The Black, African and
Asian Therapy Network



Information

Supervision For Professionals.



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For counsellors.

If you are a counsellor or a professional, and you are looking for a supervisor, I am available for supervision sessions:

- £60 for a 1h session
- Or £75 for a 1.5h session
- Free initial 20-minute chat
- Online or telephone sessions available



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Trained by
**ONLINE THERAPY
INSTITUTE**





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