

## What is Counselling?



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It is a process of talking through difficulties and experiences in the hope of understanding yourself better, resolving what you can, and leading a more rewarding and fulfilling life.

I am a highly qualified Counsellor trained to help you, make sense of your feelings, in a confidential and supportive setting.



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## Ros Neugebauer

PG Diploma in Psychodynamic Counselling  
MBACP (Accred).  
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UKRC Registered  
Independent Counsellor

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## What types of issues can counselling address?

Individuals seek help for all kinds of reasons.

Do any of the following apply to you?

Do you ever feel lonely?

Do you ever feel depressed, anxious, unable to cope, or suffer from panic attacks?

Do you feel that family problems are too much to bear?

Do you have difficulty making and sustaining relationships?

Are you ever uncomfortable with your sexuality or gender?

Do you have trouble containing angry feelings?

Do you ever have low self esteem or eating problems?

Have you ever suffered abuse of any kind?

Are you a mum suffering from post natal depression or want to talk through your mixed feelings?

Are you struggling with work related stress or bullying?

Do you find it difficult coming through bereavement or loss?

Or perhaps you would just like to understand yourself better.

## How long would I need counselling?

A difficult question to answer, but short-term work is mostly 8 to 10 sessions. Long-term work is also available if appropriate. Your needs will be discussed during the assessment consultation.

Fee. £30—£40

If we agree to work together we will discuss at what times we can meet on a regular basis. The on going fee will then also be agreed. Counselling sessions are 50 mins to 1 hour.

Once counselling begins, I ask you to make sure you keep your appointments.

The full fee will be charged for cancellations of 48 hours or less.

I work within the guidelines, codes and ethic and professional practice set out by BACP.