

How to start

Referral is simple - contact me and I will get back to you to arrange an initial session.

Call 07452 923412 and leave a message with the number you'd like me to call back on. I will then call you as soon as I am able, or if you prefer you can ask me to call on a particular time or day.

Send an email to

counselling@brianpugsley.co.uk

and I will reply as soon as I am able.

We will then arrange your first session. After some time to reflect, if we decide to continue we will schedule further weekly sessions. You can review our agreement and your progress at any time.



I hope you find the information in this leaflet helpful. For more information please feel free to call or email me, or see my website at:

www.brianpugsley.co.uk

About me



I have long been fascinated by what is ultimately most important to us - our experience of being alive, with all of the joy and happiness, pain and suffering, love and hate. I worked in mental health for a few years near the start of my working life, then got distracted with a lengthy spell in music and sound recording. I have since returned to my first passion and trained as a counsellor, and my work has never felt more valuable and rewarding.

I hold a Diploma in Counselling, a Post-Graduate Diploma in Supervision, and a Certificate in Cognitive Behavioural Therapy (CBT) Skills. Where appropriate I make use of the Enneagram system of personality types, which I have studied formally and informally for many years. I am an Accredited Member of the British Association for Counselling and Psychotherapy (BACP). In addition to private practice I run the counselling service at a local Mind association, and in the recent past worked as Lead Counsellor in an NHS service.

Brian Pugsley MBACP (Accred)

Counselling

professional

compassionate

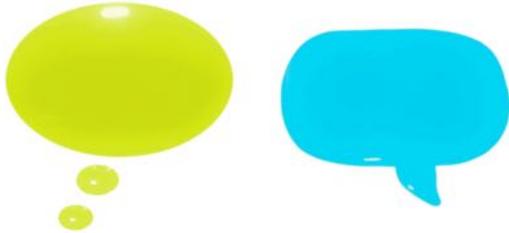
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Counselling service based in Leigh, near Tonbridge, Sevenoaks, Edenbridge and Tunbridge Wells. Also available via Skype.



About counselling

Counselling is a one-to-one talking therapy delivered by trained, skilful practitioners who work with people to help them make effective changes in their lives or enhance their mental wellbeing.



It is not giving advice, nor is it the same as a supportive chat with friends or family. A counsellor is empathic, non-judgemental, and able to work with your emotions from an impartial but compassionate standpoint. Counselling can help with problems like depression, anxiety, all kinds of loss including bereavement, relationship difficulties, and many other challenging life situations.

You can learn more about counselling and read some tips on how to choose a counsellor on the website...

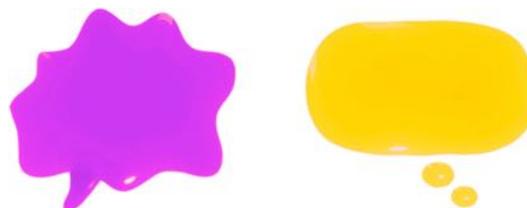
www.itsgoodtotalk.org.uk

About my work

I provide a safe, supportive and sensitive place in which to explore whatever is important or problematic for you. I work in a way that values and respects all of your experience, bringing heightened awareness and perhaps discovering new resources with which to tackle difficulties. The emphasis is on what's happening for you now, and I may invite you to try experiential work including drawing, clay modelling and dialogue.

Out of this kind of counselling can come many jewels, as I am still learning in my own personal work.

I have a particular interest in working with what is often called the "inner critic", a harsh, judgemental inner voice that many of us are uncomfortably familiar with. It tends to criticise, shame and belittle us - nothing we do seems good enough. Recognising and developing a measure of disengagement from this voice can often encourage movement.



About my practice



I offer individual adult counselling from a ground floor consulting room in Leigh, near to Hildenborough and convenient for Tonbridge, Sevenoaks, Edenbridge and Tunbridge Wells. I also offer sessions via Skype or telephone.

Sessions are 50 minutes, where possible weekly on the same day and time. For many people 6 - 12 sessions works well. Others stay in counselling for longer, occasionally up to a year or more.

The session fee is £45 and this can be paid by cash, cheque - or online by credit/debit card, PayPal or bank transfer. I also maintain a limited number of reduced cost places, ask about this if you are not able to afford the regular fee.

I ask that sessions cancelled with less than a day's notice are paid for, however I do allow for one unavoidable cancellation every six months, for which there is no charge.