

## Why counselling?

Sometimes you can feel low and confused, and need help and support independent of family and friends. Counselling can provide a safe, non judgemental environment in which to explore your difficulties, and be heard by a trained listener.

## Getting started

Our initial session will give you the opportunity to talk about what has prompted you to seek counselling, and decide if counselling is for you. Each regular session lasts for 50 minutes, and will usually be at the same time, and day on a weekly basis.

## Fees

£40.00 per session  
(concessions are sometimes available)

I am an experienced psychodynamic counsellor for men and women, and I have worked privately and within agencies and charities for many years. I have dealt with many issues including alcoholism and addiction. I offer both short and long-term counselling.



Elaine Craig  
DIP Couns. MBACP

As a member of the British Association of Counselling and Psychotherapy I am subject to the ethical framework for good practice and their professional conduct procedures.

## Confidentiality

All sessions remain confidential. The only exceptions would be if you, or someone else may be at risk or serious harm, or if information is required by a court of law.

## What is Psychodynamic counselling?

Often you can be unaware that past experiences in childhood can impact on how you react and feel in the present day. Psychodynamic counselling helps you to make the links to enable you to understand yourself, and why you may have unexplained emotional responses, and repeat patterns of behaviour which can cause anxiety and stress.



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*The best relationships are  
built on trust.*

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Located in a discreet and tranquil environment.



The Eden Room  
@ the Dutch Nursery  
Great North Road  
Brookmans Park  
Hatfield  
Herts  
AL9 6ND

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*Depression*      *Anxiety*  
*Bereavement*

*Stress*      *Relationship*  
*problems*  
*Life changes*

**Let's talk.**

*Confidential one to one counselling*  
*for men and women.*



*Take the journey to become stronger.*

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Counselling can be beneficial for:

- Depression
  - Bipolar disorder
  - Anxiety
  - Stress
  - Relationship issues
  - Bereavement
  - Eating disorders
  - Low-self esteem
  - Sexual issues
  - Childhood issues
  - Redundancy/work issues
  - Life changes
  - Abuse
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