

Ian Beardsall is a qualified and experienced therapist who has trained in various therapeutic approaches such as Person Centred Therapy, Existential counselling, Gestalt Psychotherapy, Transactional Analysis (TA), Cognitive Behavioural Therapy (CBT), Brief Solution Focused Therapy (BSFT), Motivational Enhancement, Neuro-Linguistic Programming (NLP), & Regression Therapy, with Eye Movement Desensitization & Reprocessing (EMDR) & Emotional Freedom Therapy (EFT) pending.

Specific Training in:

Alcohol & Substance misuse, Eating Disorders, Counselling for Stress, Counselling for Abuse, & Counselling for Loss & Grief.

K&R Consultancy also undertakes corporate work such as stress management, assertive training, in-house counselling and drop-ins.

In accordance with BACP guidelines, I attend regular supervision and follow an ongoing programme of continuing Professional Development.

“Apply yourself.
Without effort, you cannot be
prosperous.

Contact:

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***‘Professional Service,
Personal Care.’***

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K&R Counselling
FREE Consultation



K&R Consultancy
Incorporating K&R Counselling



FREE

Initial Consultation

‘Professional Service, Personal care’

April 2009

K&R Counselling was established by Ian Beardsall, who himself has combined experience of working in G.P surgeries, agencies, residential rehabilitation Centres, and private practice. His work ranges from 1:1 counselling & psychotherapy to couples counselling, to facilitating support groups, topic groups and therapeutic groups. Ian has also consulted with various TV production companies which have been involved in filming for the BBC.

K&R Counselling have a team of dedicated and highly motivated Counselling Therapists, all of who are members of The British Association for Counselling & Psychotherapy (BACP).

K&R Counselling provide services for both private and corporate sectors.

Why counselling?

We all experience difficulties in our life at times, and to need help and support is not a weakness. It is not uncommon to feel that things are too much and feel weighed down by situations. *K&R Counselling* can help look at negative thinking which may lead to unhealthy behaviours, which may keep us stuck in a cycle which we feel unable to change.

What is counselling?

K&R Counselling can provide a safe space where you can explore and work through your issues at your own pace with a qualified and experienced therapist without being judged. Our aim is to help you become more self-aware and have a fuller understanding and acceptance of yourself.

What sort of things can I talk about?

These are just some of the things people talk about in counselling:

- Coping with loss or bereavement
- Facing difficult decisions about the future
- Feeling depressed, sad, anxious or stressed
- Low self-esteem
- Wanting to change unwanted patterns of behaviour, e.g. unhealthy eating habits, self-harming, difficulties in expressing or controlling anger
- The impact of physical, emotional or sexual abuse



What next?

If you are interested in having counselling, please contact me to arrange an initial consultation. The purpose of this meeting is for us to decide whether

we can work together and whether counselling is the right form of help for you at this time. You will also have the opportunity to ask any questions about what counselling involves.

Should we decide to go ahead, we will normally meet on a weekly basis for six weeks initially; after this, we will review and contract for more sessions if necessary, according to your individual needs.

We are able to offer a unique service to meet each client's individual needs. Clients are seen within a week of their initial contact whenever possible. Daytime and/or evening as well as some Saturday appointments are available.

Both long-term & short-term therapy provided

FREE Initial Consultation

Simply we don't feel that you should have to pay to find out if we can help you.

The purpose of the **FREE** consultation is for us to decide whether we can work together and whether counselling is the right form of help for you at this time. You will also have the opportunity to ask any questions about what counselling involves.

K&R Counselling
FREE Consultation