



*Helping you to
shape your future*

Benefits of counselling

- Experience the feeling of relief in talking confidentially to another person
- Receive constructive, non-judgmental feedback
- Control what you want to discuss and work at a pace that suits you
- Plan workable steps to achieve the changes you want
- Receive support to implement those changes
- Counselling can raise uncomfortable issues, I will help you safely work through those times
- Even one small change can have a huge effect on our confidence and effectiveness

Damian Stoupe

Postgrad Diploma in Counselling, BA(Hons),
DipHyp(Hons), MBACP

I am a professionally qualified counsellor and hypnotherapist working almost exclusively in short-term counselling settings.

I aim to provide the highest standards of confidential, professional and ethical care to all my clients, as identified in BACP's ethical framework.



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Positive Mental Programming

Stopping Smoking

Behavioural & Emotional Problems

Confidence Building

Stress Management

Solutions to Anxiety

Relationship/Sexuality Issues

Overcoming Phobias

Survivors of Abuse

Bereavement



Appointments available in:

Wells

And

Shepton Mallet

(The Osteopath Clinic,
42, High Street)

Phone: 01749 687247

Mobile: 07792 799017

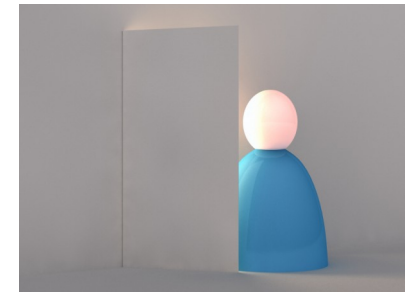
Book on-line at:

Web: www.somersetcounselling.co.uk



*Helping you to
shape your future*

*Open the door
onto a brighter
future...*



professional
solution focussed

counselling
&
hypnotherapy

*...where talking
makes sense!*

DAMIAN STOUPE

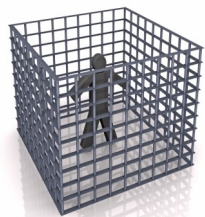
Member of the British Association for
Counseling and Psychotherapy

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Overview



Hello, it takes courage to leave or self-imposed prisons; often the first step is reading a leaflet like this!

On our own it can be scary to go the places where we need to go to escape, counselling provides a place where you can safely and confidentially explore those areas and change your life.

A little about me

I initially trained as a hypnotherapist and psychotherapist. I then went on to complete my counselling qualifications at the University of Bristol. I am now studying for my MSc/PhD in Counselling.

I worked in the 'real world' before becoming a counsellor, so I am aware of the pressures to do with trying to find a good balance between work and home. This is reflected in the way I counsel people, with an emphasis on short term, rather than long term counselling focussing on the issues and what you want from counselling

I work with people over the age of 18, regardless of sexual orientation, on personal and relationship issues. These issues may relate to home or work life or, as in many instances, cross over.

Counselling?

A wise person said "counselling starts off with two VERY big ears and one very small mouth."

- I listen to both what you are saying and also what you are not saying, without judging.
- I explore issues with you, helping you to understand how the past and present may be affecting future.
- I help you re-write your future as you wish it to be; helping you to recognise the choices you have and offering support to achieve them.
- I do not tell you what to do; that would be taking away your freedom to choose.

What is Hypnotherapy?

Hypnotherapy is not about control; it is about liberation. If it was about control I would talk to my bank manager more often!

Used with counselling, hypnotherapy becomes a powerful means of accessing the subconscious, learning what beliefs and habits are present, and choosing whether, or not, to change them.

Like counselling, hypnotherapy is not a quick fix. It needs hard work to achieve the long lasting changes that are desired.

Hypnotherapy is appropriate when:

- You have stubborn beliefs or habits you would like to change
- You wish to be relieved of an addiction such as smoking or overeating
- You would like to learn ways of improving your life by accessing the super-conscious mind.

Frequently Asked Questions

What about confidentiality?

All clients are assured of confidentiality about any disclosed material, in accordance with my professional codes of ethics.

How much will it cost?

- Fees per 50 min session are £40 for individuals or £60 per couple with the initial assessment session costing £30.00
- Extended sessions are available
- Cancellation costs—24hrs notice of cancellation is generally required or the full fee will be charged. Where possible a courtesy SMS text/e-mail is sent to remind you of your next appointment.

I do offer a limited number of places for those in genuine financial hardship, however, if you can't afford this good counsellors can be found through your GP or the CAB.

How long will I be in therapy?

This will depend on the issues, however, I am very clear that at the start of therapy we decide what your objectives are, and what you want from therapy. I always have an initial assessment session with clients before starting work with them to identify the needs and talk about timescales.

You decide how much work you want to do and can cease or take a break from counselling anytime you wish. If a referral is indicated then I can assist with this process.

What now?

If you want to cross the bridge to a new life or just want to know more about counselling please telephone, email or book an appointment on line. All enquiries are treated with respect and are cost and obligation free.

