

## Need help?

Relationship difficulties

Separation / Divorce

Anxiety

Depression

Stress

Anger

Domestic Abuse

Sexual Abuse

Bereavement

Loss

Self esteem

Lack of confidence

Work related issues

Improve Communication

**Take the first steps  
and start to change  
YOUR life**



### Confidentiality

All Counsellors operate to a code of ethics to ensure that what you share with them remains confidential and to enable the development of trust.

I am a member of & work to the national standards and ethics of the British Association of Counselling and Psychotherapy (BACP)

**Call me for an initial appointment  
or for further information**

**Paul Welcomme**

Dip Couns, Dip RSA. Relate Accredited. MBACP

**Tel 0774 829 5253**

**info@clevedoncounselling.co.uk**

**www.clevedoncounselling.co.uk**

Appointments at :-

The Wellbeing Studio

6, Alexandra Road

Clevedon BS21 7QE

or

Berkeley Centre

3, Berkeley Square Clifton

Bristol BS8 1HL

March 2013

# Clevedon Counselling

**Personal and Relationship  
Counselling**



**Are you finding life a struggle?  
or  
Reflecting on a different future?**

**Want your life to change?  
or  
Need support and help?**

**Take the first steps and  
start to change YOUR life.**

## What is counselling?

Counselling is a way of exploring difficulties in your life with someone who is professionally trained. Someone who has the time to listen and is not involved, so can be impartial and objective. Counselling will help you make sense of your difficulties and will help you in discovering a happier life.

Whether you need support in a crisis or want to work on a long standing problem it can change your situation in a positive way leading to a more fulfilled life.

## What happens in counselling?

Sessions are confidential, last an hour and are normally held weekly over an agreed period of time. You are in control of the session at all times and you share with the counsellor your difficulties at your own pace. The counsellor will use their skills to help you understand your situation. The counsellor does not provide advice or make decisions for you but will be supportive and understanding. You will be able to explore choices that will enable you to bring positive change to the way you think, feel and behave leading to more fulfilling relationships and a happier life.

## Fees

### Individual therapy

Clevedon £45 per session

Bristol £55 per session

### Relationship & Couple therapy

Clevedon £55 per session

Bristol £65 per session

Anyone who feels they would benefit from counselling and lacks funds should not hesitate to make contact as concessions may be agreed, subject to individual circumstances.

## Service

I provide counselling in a way that responds to your individual or relationship needs. So come and talk with me to see how I can help and support you.

Counselling will help you to -

- explore your difficulties
- create better understanding
- develop confidence
- bring positive change
- lead a more fulfilling life

To make an appointment please contact me and I will arrange a time that is convenient to you. Sessions are held in Clevedon or Bristol in a comfortable and confidential room. The Wellbeing Studio, Clevedon or Berkeley Centre, Clifton, Bristol. Street parking is available nearby.

## About me

Clevedon Counselling is the well established practice of Paul Welcomme who has been working as a qualified Personal Counsellor for 15 years and 9 years with Relate as an Accredited Relationship and Couple Counsellor.

Prior to moving to Clevedon in the Summer of 2005 Paul worked in South Devon and Cornwall with a number of Counselling services.

Experience has involved supporting both individuals and couples with issues of relationship, stress, anxiety, depression, confidence, loss and bereavement, Work related issues. I also specialise in work with anger management, domestic abuse, sexual abuse and boarding school survivors.

I am fully insured and have the following qualifications:-

Diploma in Counselling  
Diploma in Guidance  
Certificate in Couple Counselling  
Relate Practitioner Accreditation

Member of the British Association of Counselling and Psychotherapy (MBACP) and Association of Independent Practitioners