

Need some support?

Rose Whiteley, Psychotherapist, Relationship & Sexual Therapist
UCKP reg. MAHPP & COSRT accredited Counsellor

From time to time we all experience emotional crises, notice negative patterns cropping up in our lives again and again, or feel that life isn't working out as we expected. Sometimes it can be hard to see things clearly, or to work out what to do for the best. Many people find it can help to talk through difficulties with a properly trained person who is outside their circle of family and friends.

Integrative psychotherapy makes use of a number of different therapeutic theories and techniques to help you understand yourself and your situation more clearly. Most importantly, research shows that it's the relationship itself between client and therapist that really makes the difference.

Psychotherapy has helped people to heal from past hurts, grow as a person, achieve more control and responsibility in their lives, resolve unfinished business, and learn to have more compassion for themselves and other people.

In shorter term work, you may want a supportive space where you can discuss difficulties, share feelings and examine possible ways forward. In longer term work, you may want to look more deeply at your past, present and how you want your future to be.



These are just some of the reasons people decide to have psychotherapy:

- Are you suffering from depression, stress, anxiety, panic attacks, anger issues or low self-esteem?
- Are you struggling to cope because of things that happened to you in the past?
- Have you been bereaved, split from a partner or experienced another painful loss?
- Do you struggle with negative patterns such as perfectionism and relentless self-criticism?
- Are you in a rut, or unsure about what you want from life?

If you would like to arrange an initial consultation to see if therapy might be a way forward for you, please give me a call on 07940 526664 or send an e-mail to rose@whiteleywords.com

You can find out more at my website www.whiteleywords.com

How does psychotherapy work?

I offer short and long-term counselling and psychotherapy. Initially, we will arrange to meet for an introductory 50 minute session. This will enable me to hear a little about your concerns, and give you a chance to ask any questions you may have. You are only committed to pay for this assessment; by the end of the session, we will decide between us whether psychotherapy with me seems like a good option for you at this time. If not, I may be able to suggest other avenues for you to try.

If we do agree to start psychotherapy, we will decide what issues we are going to work on together. We will normally meet weekly, although occasionally people choose to come more often. The overall length of the therapy will be negotiated between us as we go along.

My fee for assessments and ongoing sessions is £40. Occasionally I am able to offer concessions where this is difficult to afford - please feel free to ask before you make your first appointment if this is the case.

About me

I have had a busy private practice in Bedfordshire since 2001, seeing individuals and couples aged 18+. I get referrals from various sources, including therapy websites, GP surgeries, churches and an NHS staff scheme. I have counselled couples at an NHS Psychosexual Clinic, young people at an inner London youth agency, and male offenders at a maximum-security prison.

I am registered as a psychotherapist and psychotherapeutic counsellor with the UK Council for Psychotherapy (UKCP); accredited as a counsellor by the UK Association of Humanistic Psychology Practitioners (UKAHP); and accredited as a Sexual and Relationship Psychotherapist with the College of Sexual and Relationship Therapists (COSRT). My training includes a Post-Graduate Diploma in the Theory and Practice of Psychotherapy for Sexual Dysfunction, and an Advanced Diploma in Humanistic-Integrative Counselling.

If you would like to see a copy of my separate leaflets on Psychosexual and/or Relationship Therapy, please ask.

I am committed to equal opportunities and welcome everyone without discrimination of race, class, culture, gender, sexual orientation, marital status or religious belief.

HOW TO FIND ME

3 Brewery Lane, Ampthill, Beds MK45 2NE
Tel: 07940 526664 rose@whiteleywords.com

Brewery Lane is near the mini roundabouts in the centre of Ampthill. If you drive, you can park free of charge for up to two hours in the Waitrose car park, which is right opposite. Brewery Lane runs to one side of the Prince of Wales pub; my cottage is third up on the left.

Brewery Lane is a steep hill and my psychotherapy room is at the top of the cottage, reached by two short staircases. Unfortunately this does mean I need to know if you have mobility problems, so that if possible I can make alternative arrangements. If you have any concerns about mobility, please do ring me to discuss in advance.