



Rose Whiteley, Psychotherapist, Counsellor, Sexual & Relationship Therapist
UKCP & COSRT accredited

From time to time many of us 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, achieve more control and responsibility in their lives, resolve unfinished business, learn to have more compassion for themselves and other people, and grow as a person.

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, your 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, 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 or relentless self-criticism?
- Are you in a rut, or unsure about what you want from life?

If you would like to arrange an initial session 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

How does psychotherapy work?

I offer shorter 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 will 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 meet weekly, at least in the first months. The overall length of the therapy will be negotiated between us as we go along.

My fee for assessments and ongoing sessions is currently £60. Concessions are sometimes available, according to household income: my minimum session fee is £45 for weekly therapy, or £50 if you come less often.

I am committed to equal opportunities and welcome everyone regardless of race, age, gender identity, sexual orientation, religious belief, disability, or any other inappropriate or irrelevant distinction.

About me

I have had a busy private practice in Bedfordshire since 2001, seeing individuals and couples aged 18+. In the past I 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 accredited as a psychotherapist with the UK Council for Psychotherapy (UKCP) and 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, an Advanced Diploma in Humanistic-Integrative Counselling, and a Diploma in Clinical Supervision. If you would like to see a copy of my separate leaflets on Psychosexual/Relationship Therapy, do ask.

I am on a register accredited by the Professional Standards Authority. The accredited registers programme was set up by the Government to improve standards and safety for the benefit of the public. Being on an accredited register demonstrates a commitment to high professional standards.



HOW TO FIND ME

Tel: 07940 526664 rose@whiteleywords.com www.whiteleywords.com

I live at 60 Bedford Street Amptill Beds MK45 2NB and the therapy room is right opposite my front door, numbered 60a. I don't have parking at the cottage but you can park free of charge in Waitrose for 90 minutes, or there is unlimited free parking in the bays on Bedford Street and Woburn Street.

The "front" door of the Duke of Bedford cottages (they're the ones with diamond patterns on the windows) is at the rear. To access it, you need to walk towards Bedford on the other side of the road from Waitrose. Just after you cross Swaffield Close, you'll see a gravel track on your left with a cream picket fence. Walk down the track (which bends right) and you'll soon see 60 Bedford Street on your right, and 60a facing it on your left. Ring the bell of 60a, and even if I'm not in the therapy room, it will ring in number 60 opposite!