

## Steve Briggs

Steve is an experienced and qualified Psychotherapist with an Advanced Diploma in Client Centred Counselling who has an ongoing commitment to training and Personal Growth. Steve respects the BACP code of ethics. He has worked for many years, with adults and young people in Private Practice, the Voluntary Sector and as a Counsellor within the NHS Primary Care Services. Steve works creatively in a way which suits each individual.

*'My intention is to listen, understand and to help you come to a greater understanding of your unique world, your circumstances, and how you can move forward.'*

*'I believe in the uniqueness of each individual; having a deep personal commitment to all aspects of equal opportunity and a respect for diversity'*

## Value

You may choose to come for a few sessions or stay much longer. Appointments are most often weekly and last for 1 hour.

This does involve a financial commitment and a fee per session is £45.00 per individual, £65.00 per couple.

I offer a free initial consultation which gives us a chance to meet each other and for you to decide whether you believe you will benefit from counselling.

Telephone

07761 336 391

Visit my website

[www.stevebriggs.org](http://www.stevebriggs.org)

Or email me

[stevebcouns@yahoo.co.uk](mailto:stevebcouns@yahoo.co.uk)

# Counselling

[www.stevebriggs.org](http://www.stevebriggs.org)

07761 336391

## A Guide for Adults & Young People

### Steve Briggs

BACP Accredited Counsellor  
UKRCP Registered Independent  
Counsellor/Psychotherapist

BSc. Hons.

BA

Adv.Dip.Couns

Dip.HSW

Dip.App.SS

Dip.CBT

*Practising in the Portsmouth,  
Southsea and surrounding area.*

## Are you trying to cope with?

Anger  
Anxiety  
Bereavement  
Bullying  
Childhood Trauma  
Depression  
Eating Disorders  
Family Issues  
Isolation  
Low Self Esteem  
Relationship Problems  
Self Harming  
Sexual Abuse  
Sexuality Issues  
Stress  
Substance Misuse  
Suicidal Thoughts

These, and many other issues, can be hard to deal with. If you feel life is getting too hard to cope with you don't have to cope alone.

## Talk

Talking about things that trouble you will help. Client Centred Counselling is a warm caring approach to problem solving and healing. This way of working is gentle, none-judgemental, supportive, but deeply effective; most often bringing about lasting positive results

## Trust

It can be difficult for people to express themselves openly to those closest to them. The Client Centred Counselling relationship is a safe space to explore. This is your opportunity to talk in confidence knowing that what you say and feel will be respected.

## Why

Hurting, troubled, confused, stuck. You may be troubled by something in the past or the present. The way you feel may interfere with your everyday life and relationships, stopping you reaching our full potential.

## What then

Be who you really are. Counselling can resolve traumatic past events and/or help you see a way through difficult situations. You can reflect on your circumstances and achieve greater self awareness. Clients often say getting to know themselves better enables them to move forwards with greater resilience and self worth.