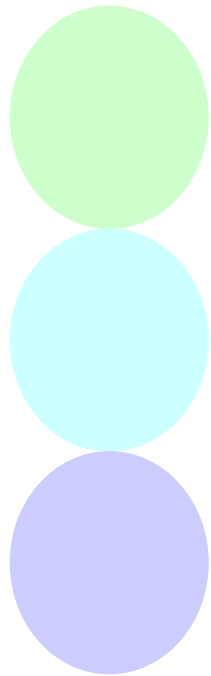


# Transactional Analysis Counselling

**Catherine Green**



**Tel: 01442 866544**

Look after your  
emotional health

## Counselling can help

I am a qualified counsellor with experience in working with anxiety, relationship issues, trauma and abuse, depression, bereavement and loss, substance misuse and addictions. In my bereavement work I deal with issues of complicated grief, loss and depression. My work with addiction involves dealing with many aspects of substance abuse, including alcohol, recreational and prescribed drug addiction. I have also worked with trauma and sudden loss, for example, counselling people affected by natural disasters. I work in private practice and for Cruse Bereavement and Drugcare in St. Albans.

I have worked effectively and potently with many clients who, through their relationship with me, have been able to work successfully through emotional issues and move forward in their lives.

Counselling offers an opportunity to talk through current problems or difficulties and to explore thoughts and feelings confidentially. It enables us to work through past traumas in order to understand how we cope with difficult situations

## Counselling sessions

My approach to client work is empathic and non-judgemental. I am both supportive and gently challenging and maintain high standards of ethical and professional practice. I have regular supervision and am continually seeking to increase my personal and professional development. I use Transactional Analysis as a way of understanding personality, behaviour and relationships and offer a safe, confidential space in which clients can explore their issues.

If you would like to discuss whether counselling is appropriate for you, please contact me on 01442 866544. We will have an initial assessment session in which we will explore the issues which you would like to explore. It is important that you feel safe to explore your issues and all sessions are kept strictly confidential unless there is a concern regarding your health or safety.

All counsellors have regular supervision and this is a requirement of the British Association for Counselling and Psychotherapy (BACP). Again, these sessions are confidential and no personal details are disclosed.

Counselling sessions last for 50 minutes and take place at Naturality in Berkhamsted. The fees for individual sessions are £40.

## TraTTansactional Analysis

Transactional Analysis was founded by Eric Berne and he brought together some of the most effective ideas in counselling and psychotherapy (analytic, cognitive behavioural, social, phenomenological) into a powerful body of theory and practice. Transactional Analysis holds the humanistic values which believe that we have a natural aspiration to live in harmony with themselves and others.

Transactional Analysis is an effective and useful approach to psychotherapy and counselling as it offers a thorough body of theory while its methodology lends itself to different ways of working within the therapeutic relationship.

TA offers both a theory of personality and intrapsychic understanding and a way of analysing and working with relationship difficulties and life problems.

Metanoia Institute

## Counselling helps

Anxiety

Depression

Bereavement

Addictions

Relationship and family issues

Trauma

Abuse

Illness

Stress



### Catherine Green

BA(Hons) Transactional Analysis Counselling  
Dip. Counselling  
MBACP, ITA and Metanoia Institute

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