

Fenella Mowbray
Integrative Psychotherapist (UKCP
reg)

I am a fully qualified and accredited practitioner with nineteen years experience of helping people. I have qualifications in both counselling and psychotherapy

I take my work and my client's welfare very seriously. I am committed to providing treatment which is safe, supportive and which offers people the opportunity of real and lasting change.

People seek psychotherapeutic help for many different reasons. They may be concerned about a particular problem or distressed by certain life events or they may require help to cope with and to understand feelings of anger, fear or depression. Quite often people do not know what is wrong but know that something is.

Tel: 07722135202



Get help to overcome:

- **Depression**
- **Bereavement**
- **Relationship problems**
- **Stress / anxiety / panic**
- **Low self esteem**
- **Childhood trauma**

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Taking the first step

Choosing to begin therapeutic work may feel like a very big decision and the search for a therapist can seem daunting. To help you to find out whether psychotherapy could meet your needs I offer an initial consultation meeting. This usually lasts between one and one and a half hours and in some cases may take more than one session

My approach is integrative (humanistic and psychoanalytic). I have also trained in using the arts (music, drama, movement, art, clay) to aid communication and self development.

In accordance with my code of ethics I receive regular training, support and supervision, ensuring the maintenance of high standards and continuing professional development.

Psychotherapy sessions last for 50 minutes and my fees are £40-£50 per session. I do have some spaces for lower cost therapy. Please ask.