

I am a Person-Centred counsellor/psychotherapist and have been in practice since 1992. I work to the Ethical Framework of the BACP, The British Association of Counselling and Psychotherapy, and as with all counsellors I receive supervision to ensure my work is ethical. You can visit the BACP website www.bacp.co.uk for more information about counselling ethics.

I offer counselling sessions lasting 60 minutes. These are normally weekly but can be more or less frequent to suit you.

The counselling sessions are confidential but there are limitations to that confidentiality. If you were to tell me something that meant that you or another person was in danger of serious harm then I might have to disclose this. I will clarify the details of the limitations to confidentiality with you at your initial session.

My standard charge is £40, this is negotiable depending on your circumstances.

I take a small number of very low fee paying clients.

To discuss your needs, to book a free initial appointment or to find out more about Person-Centred Counselling and what I can offer please telephone me:

Moira Bishop
M. 07799 350160



Moira Bishop

*Person-Centred
Counsellor/Psychotherapist*

MBACP accredited

UKRC registered practitioner

To book a free initial appointment

Telephone: 07799 350160

What is Counselling?

Counselling is an opportunity to have some special time for yourself.

It gives you time to talk about whatever your concerns are in a safe confidential space with an experienced professional who will hear and understand you without judging you.

You will have the opportunity to reflect on your life, to look at the present and the past, if you wish to do so, to work through difficult issues and to make changes so that you can live life more fully.

To find "Hope beyond Despair"

Brian Thorne 2002



Counselling can help you with many issues including:

- ◆ Relationships
- ◆ Depression
- ◆ Abuse
- ◆ Bereavement and loss
- ◆ Gender and sexuality
- ◆ Spirituality
- ◆ Life changes and transitions
- ◆ Stress and anxiety
- ◆ Problem drinking
- ◆ Pressures at work

Or just at times when all is not right
with your world.