

TRAINING AND WORKSHOPS

We run workshops and seminars in communication, assertiveness, stress management, grief and change, personal development and leadership, for the general public and for employers.

We offer group facilitation, group supervision, debriefing and support for a variety of organisational needs such as change management and team building. We can tailor our courses to the specific needs of your organisation, and can run them at your workplace.



PSYCHOTHERAPY AND COUNSELLING

Avigail Abarbanel

Psychotherapist/Counsellor

BA (Hons.), Grad. Dip. Psych./Couns., Cert. Gestalt Couns.
MBACP (Accred.), MCOSCA (Accred.)

T 07913 295 029 E avigail@fullyhuman.co.uk

Ian Barnes

Psychotherapist/Counsellor

BSc(Hons), PhD(Math), Grad. Dip. Couns./Psych.
MBACP, COSCA Counsellor Member

T 07872 491 873 E ian@fullyhuman.co.uk

Carl G. Jung:

*"Learn your theories well,
but put them aside when you touch
the miracle of a living person".*

*This counselling service
is strictly*

- NOT a way to give the client all the answers
- NOT crisis intervention. In a crisis or emergency please contact the appropriate service in your area.
- NOT for individuals who are currently abusing drugs or alcohol. In order to use our service, you must be well into recovery and have a comprehensive and well established support network.
- NOT for individuals with a severe psychiatric diagnosis or a personality disorder.
- NOT a substitute for necessary medical attention or hospital care.
- NOT a substitute for needed psychiatric care.
- NOT a 'repair shop' for the mind.

*Appointments, fees &
cancellation policy*

- Sessions are 60 to 90 minutes long.
- The first appointment is a two-way assessment to decide whether this service is appropriate for you.
- Frequency of sessions is determined by the client in consultation with the counsellor, based on the client's needs.
- Fees are payable at the end of each session by cheque or cash or in advance by bank transfer.
- A discounted rate is available for those who need it.
- 24 hours notice is required for cancellations of appointments – otherwise the full fee will apply.

Contact

Avigail: T 07913 295 029 E avigail@fullyhuman.co.uk
Ian: T 07872 491 873 E ian@fullyhuman.co.uk
W www.fullyhuman.co.uk

*A safe place for
adult individuals and couples
to deal with concerns like:*

- Depression
- Anxiety
- Eating disorders and body image
- Grief and loss
- Relationship difficulties
- Parenting/Infertility
- Life transitions
- Work and career
- Self-esteem
- Meaninglessness/direction/purpose
- Cross cultural issues
- Spiritual and religious issues
- General personal development needs

ABOUT US

AVIGAIL ABARBANEL

I am a qualified counsellor and psychotherapist with many years of experience in private practice in Canberra, Australia. I hold a Graduate Diploma in Individual Psychotherapy and Relationship Therapy from the Jansen Newman Institute in Sydney, and a Certificate in Gestalt Counselling from the Illawarra Gestalt Centre. Since 2008 I have been fully accredited with the BACP (British Association for Counselling & Psychotherapy) and with COSCA (Counselling & Psychotherapy in Scotland). I maintain my professional standards and my fitness to practice by attending regular supervision and participating in professional development activities.

I work with adult individuals and with couples on a wide range of life issues, and I also provide clinical supervision to other counsellors. Being a migrant I am well placed to work with people from diverse cultural backgrounds.

IAN BARNES

I am a qualified counsellor and psychotherapist. I completed my Graduate Diploma in Counselling and Psychotherapy at the Jansen Newman Institute in Sydney in 2007. Since then I have worked in private practice with adult individuals, and with couples as a co-therapist with Avigail. I am a member of the BACP and a Counsellor Member of COSCA. I attend regular supervision and professional development to maintain my professional standards and my fitness to practice.

OUR APPROACH

We work from a respectful humanistic perspective, and believe that human beings are not broken objects that need fixing. We are all faced with challenges and do our best to deal with them. But sometimes that isn't enough and we could use a little bit of help. Counselling can help to develop new perspectives and new skills so we can deal with our difficulties more effectively.

Counselling is confidential in accordance with the Data Protection Act (1998).

We believe that deep down people know the answers to their own questions and the solutions to their problems. Our job is to assist our clients to identify their own resources and build on them. Counselling is a collaborative effort. We don't have the power to heal or to solve someone else's problems. Counselling works best when clients are motivated and interested in making the necessary changes to improve their lives. We work together with our clients and our job is to make ourselves redundant.

We abide by the BACP Ethical Framework and the COSCA Statement of Ethics and Code of Practice.

WHO NEEDS COUNSELLING

All of us at one time or another may reach a point where we feel stuck. This 'stuck' feeling may be related to relationships, work, parenting, life changes, grief, loss or other aspects of life. It may be accompanied by feelings of dissatisfaction with life, self or others. It may involve anxiety, depression, reliance on coping mechanisms that aren't helpful, a sense of meaninglessness, lack of energy or motivation and other symptoms that can make life difficult.

At such times it can be helpful to talk to a trained outsider. In a safe, caring and supportive environment people can often gain new insight into, and better understanding of their difficulties and can become aware of choices they didn't initially recognise. In the safety of the counselling environment people are also invited to experiment with new ways of being in the world and with others, and to learn new skills and strategies.

The professional relationship between the client and the counsellor can make it possible to face painful issues that were previously buried or avoided. It is human to dislike pain but at times it can be necessary to go into our pain and through it in order to move ahead. Counselling often leads to a sense of inner movement, important shifts or changes, a sense of purpose and growth and to an improvement in relationships.

For more information please visit www.fullyhuman.co.uk

RELATIONSHIP COUNSELLING

Many people would like to have a better, closer relationship with their partner but they don't necessarily know how to achieve it. After the 'in-love' period ends, things can start to get difficult or feel stale or frustrating.

Money, work, parenting, change, loss and other life stresses can sometimes escalate things to a point of crisis. Partners can end up feeling alienated from each other, disappointed and angry. Counselling can help couples turn these times of conflict and crisis into an opportunity for growth.

- Relationship counselling is balanced and respectful of both partners. Blaming is human but it is not helpful. Instead, the focus in counselling is on how each partner contributes to the dynamic in the relationship.
- Relationship counselling is challenging and requires courage and equal levels of commitment from both partners. With the counsellor's help, partners will need to reach an agreement about the goals and the purpose of counselling.
- Relationship counselling must not be used by one partner to 'fix' or change the other.
- Relationship counselling teaches effective communication and conflict resolution skills.
- This service is not affiliated with any government or church organisation.

Carl Rogers:

*"The curious paradox is that
when I accept myself just as I am,
then I can change".*