



eclipsetherapy

A safe space to talk

Often the real problem we are facing is finding a way to communicate - to negotiate with the people in our lives in a way which feels safe for us.

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When we are unhappy it can be difficult to talk about. Often a small trouble could be managed but instead we don't share and it begins to grow. We can change that.



Hi, my name is Gemma and I provide counselling as Eclipse Therapy.

Stress and pressure are increasingly a part of our everyday lives. It's no surprise that more and more people are struggling with their well-being as they try to balance often conflicting demands.

But therapy isn't just about crisis. Our brains are the most complex thing on Earth - it's only reasonable that they should need a little looking after sometimes.

Whether you are in crisis or just looking to 'stay level', I will provide a safe and confidential space to support you through it.

Whatever you are going through I will help. I won't give you answers but I will give you tools to untangle life and find your own way forward. After all, nobody knows you better than you know yourself.

I believe therapy is not a cure or a crutch, it is essential maintenance for the wonderful machine that is you.

Entering therapy is not about admitting to an illness or a failure to cope. It is about making a commitment to ourselves that our happiness is worth working for.

About Me

Some therapists are quite cold and detached, others can be very woolly and familiar. I wanted to be something in between.

Being passionate about other people's well-being I have studied hard and qualified in many approaches. Yet I have never forgotten that therapy is about the person.

I am neither cold nor woolly but always professional and compassionate.

Sessions

I offer a free introductory session and will consider concessionary rates on an individual basis.

I'm not going to expect you to share your every secret in the first session, if ever. You are in control and every session will be about what you bring, not what I insist upon.

You may be surprised what a relief it is just to be in a space where nothing is expected of you.

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