

Quality & Experience

ROUNDHAY COUNSELLING offers a broad range of ways of helping people to manage their personal issues in a safe & confidential environment. Supervision is also available to counsellors & counsellors-in-training.

All counsellors at ROUNDHAY COUNSELLING are experienced practitioners, accredited to British Association for Counselling & Psychotherapy's standards & work within their Code of Ethics & Practice. [www.bacp.co.uk]

Our Services

Counsellors at ROUNDHAY COUNSELLING have extensive experience of helping individuals with the following:-

- Abuse issues (past & current)
- Bereavement
- Depression & anxiety
- Loss
- Mid-life issues
- Managing life changes
 - Family
 - Health / Illness
 - Work
- Relationship difficulties
- Students
- Trauma
- Work related stress



Roundhay Counselling

Expert Counselling by
Experienced Counsellors

Appointments

When you contact ROUNDHAY COUNSELLING you can expect to speak to a skilled practitioner. You will then be able to discuss your needs along with queries relating to fees & methods of payment.

The first session is a two-way process that will help you & your counsellor to decide if counselling would be beneficial.

We offer both brief counselling (6-8 sessions) & longer term work.

For further information on our services contact ROUNDHAY COUNSELLING at:
> info@janealdrickcounselling.co.uk

Confidential Setting

We are situated in a quiet location close to Roundhay Park in North Leeds.



Easily accessible by public transport (12 / 13 / 13A) buses leave from Vicar Lane & on Briggate (opposite Primark). There is ample on-street parking.