

## How counselling could help you

While counselling is highly effective, how you benefit will be unique to you, as an individual. It could give you the support you need to:

- Get through a time of crisis
- Express and explore your thoughts and feelings without fear of being judged
- Gain insight and understanding
- Increase your self-awareness and self-acceptance
- Learn new skills and strategies
- Reduce or eliminate troubling symptoms
- Improve your health and well-being
- Enjoy more satisfying personal relationships
- Enhance your self-esteem and self-confidence
- Resolve troubling issues from the past
- Empower you to make changes
- Discover clearer purpose and direction in life
- Communicate more assertively

## What I offer

Counselling on a short and longer term basis for:

**Individuals** face-to-face and by phone

**Couples** face-to-face

**Employee assistance counselling for organisations** face-to-face and by phone

## When

Daytime, evening and Saturday appointments are available.

Sessions last between 50 minutes and an hour. Longer sessions are available.

## Cost

Please check my website or phone me to ask about current prices. You can pay by cash at each session or in advance of sessions using your debit or credit card.

## Where

My office is located in a stunning Victorian building in Glasgow City Centre. It is within easy walking distance of the two major train stations, Buchanan Street Bus Station and subway stations. There are also various car parks nearby.

69 Buchanan Street, Glasgow, G1 3HL

## Contact details

Call me on **07970 860 711** to arrange a **FREE** 15 minute telephone consultation or to book your first appointment

or email me on [info@neilwardcounselling.co.uk](mailto:info@neilwardcounselling.co.uk)

or contact me through my website:  
[www.neilwardcounselling.co.uk](http://www.neilwardcounselling.co.uk)

*I look forward to hearing from you*

Going through a difficult time  
or  
feeling stuck in your life?

Help yourself by  
talking to a Counsellor



*Growth is in your hands*

**Neil Ward**

**Tel: 07970 860 711**

**[www.neilwardcounselling.co.uk](http://www.neilwardcounselling.co.uk)**

## Why choose counselling?

### Perhaps you are:

- Feeling down or depressed?
- Stressed or anxious?
- Having relationship problems?
- Unhappy?
- Lonely?
- Finding it hard to cope?
- Being bullied?
- Living with a long-term health condition?
- Bereaved or grieving a loss?
- A survivor of sexual, physical or emotional abuse?
- Experiencing career, work or academic problems?
- Angry or irritated all the time?
- Struggling with addictions?
- Lacking self-esteem?
- Overwhelmed?
- Concerned about your sexual orientation or sexuality?
- Going through a life transition?
- Finding life meaningless?
- Troubled by your past?
- Unable to concentrate on the present?
- Afraid of the future?
- Unsatisfied?

Alternatively, you may have a vague sense that something is not quite right in your life but cannot quite put your finger on what the problem is.

Or, you may be interested in furthering your personal growth and development.

*Whatever the reason, the good news is that Counselling can help you.*

## What you can expect

We will meet in a private, safe and comfortable setting, free from interruptions.

You will be free to talk about whatever you wish, going at a pace that feels comfortable for you, and safe in the knowledge that what you tell me will be held in the strictest of confidence.

For my part, I will listen to you attentively, patiently and with respect, so that I can understand you as fully as possible, and see things from your point of view.



I will strive to offer you a warm, accepting, genuine and empathic therapeutic relationship.

As the Counselling progresses and the trust between us develops, you may feel able to look at many aspects of your life, your relationships and yourself, which you may not have considered or been able to face before.

As a result of feeling heard and understood, you may feel enabled to reconnect with your own inner resources, to begin making choices and changes in your life, and to start living with a greater sense of wellbeing and satisfaction.

While my role does not involve telling you what to do, giving you direct advice or "fixing" you, I will support you to look at the options open to you and help you find your own unique solutions to your issues.

## About Neil Ward

### Training

I have a post-graduate diploma in Person-centred Counselling from the University of Strathclyde. I have also completed two years' training in Gestalt Psychotherapy.

### Professional membership

As a member of the British Association for Counselling and Psychotherapy, I adhere to its Ethical Framework for Good Practice.

I also participate in monthly clinical supervision of my work.

### Experience

I have worked with people experiencing a wide range of issues in various settings including: Cruse Bereavement Care, a university student counselling service, GP surgeries, a service for male survivors of sexual abuse, general counselling agencies, organisations for people living with long-term health conditions, and employee counselling companies.



**Neil Ward**