

Nikki Harris Counselling and Psychotherapy in Hertfordshire

www.nikkiharrispsychotherapy.co.uk

Finding it tough as a mum?

- Feeling physically and mentally exhausted?
- Feeling overwhelmed by your emotions?
- Feeling like no-one understands how you're feeling?
- Feeling like a failure?
- Finding the transition from a working woman to motherhood a struggle?

Want to talk to someone in the comfort of your own home?

I offer Counselling and / or Psychotherapy in the comfort of your own home. You won't have to pay for childcare and furthermore you can talk at ease in an environment that feels safe and familiar, which can only help towards building a relationship based on mutual trust and acceptance – vital for the therapeutic process. My personal and professional experience has convinced me that talking with someone trained and experienced to listen attentively - and respond to you - can often be hugely helpful. Psychotherapy and Counselling cannot erase painful past experiences. However, it can equip you to move on with greater ease, by feeling: more in charge of yourself; less engaged in internal conflict; and more able to make choices. Consequently, you will feel more able to lead a contented and productive life.

My Qualifications

I have an Advanced Diploma and a Masters Degree in Integrative Counselling & Psychotherapy. I am registered and accredited with the UKCP (UK Council for Psychotherapy), which means I follow their code of ethics and am subject to their complaints procedure. I am also a member of the BACP (British Association for Counselling & Psychotherapy). I have over four years of long-term clinical experience as a Psychotherapist, two years experience in a GP surgery working as a short-term Counsellor and over two years working as a Bereavement Counsellor.

My Approach

As a result of my Integrative training and theoretical thinking, I view each client as an individual with their own unique experiences. Therefore, my therapeutic approach is not limited to simply one way of working. Depending on your needs and requirements, I will provide a range of techniques and ways of working which are drawn from the diverse theories and approaches recognised within the field of Counselling and Psychotherapy today. My approach relies on sensitive listening, open exploration, interactive engagement, respectful challenge and mutual participation in the process.

How much will it cost?

£40-£60 a session (50 mins).

Initial Consultation

If you would like to book an initial session, please either email me on nikki@nikkiharrispsychotherapy.co.uk or telephone me on **07582347504**. I will endeavour to return you email / call within 24 hours. All messages will be treated with total confidentiality. I see my clients in the comfort of their homes in the areas of: Borehamwood, Elstree, Edgware, Stanmore, Bushey, Oxhey, Rickmansworth, Watford, Potters Bar, St Albans and surrounding areas. I also see clients in my consulting room in Borehamwood.