

Why do people come for counselling/psychotherapy?

As with many in the world of counselling, my interest emerged from needing to deal with my own problems. As a counsellor I would like to journey alongside you, to try to understand your world, to help you identify what holds you back, and to discover ways of being that are more in tune with what you need. Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go, release the hurt, release the fear and refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?

People seek counselling and psychotherapy for a wide variety of issues. I have experience working with clients presenting with:

- Stress
- Anxiety
- Panic attacks
- Relationship problems
- Phobias and compulsive behaviours
- The effects of childhood abuse - physical, sexual, emotional
- Bereavement
- Sexual problems
- Eating problems
- Depression
- Personal development
- Traumatic experience

How I work:

My training is in Relational Therapy which means the therapeutic relationship is at the centre of the work I do. Relational Therapy looks at the ways in which we relate to ourselves and others, both now and in the past. I work in an integrative way, using a range of psychotherapeutic techniques from Cognitive Behavioural Therapy and Transactional Analysis.

How I hope to help you:

I aim to offer you a supportive, open and trusting therapeutic relationship and a space to share, in confidence, difficulties in your personal life. My desire for you is that this will enable you to be honest about your issues and help you explore and unlock feelings which may have been hidden for years, without fear of judgement or reproach. I will take time to listen to you and to understand your experiences. Painful situations in the present often have their roots in the past. I hope to assist you to uncover hidden links, which in turn may allow greater freedom of thought and action.

Codes of Ethics and Practice

I receive regular supervision for my work, in line with BACP (British Association of Counselling and Psychotherapy) guidelines, and work within the Ethical Framework of the BACP. I possess full professional liability insurance and I am fully DBS checked. In terms of continuing professional development, I attend numerous courses and conferences annually to ensure that I remain a competent, well informed and, I hope, effective counsellor.

Allie Outram

DELIVERING A HOLISTIC APPROACH TO COUNSELLING