



# Counselling and Psychotherapy - when life becomes overwhelming



Are you experiencing unbearable feelings of sadness, anxiety, anger, guilt, emptiness or confusion, feelings which interfere with day to day life and prevent you from functioning at your best?

Have you experienced an overwhelming life event that is difficult to cope with - an event such as bereavement, serious illness, the breakdown of a relationship, trauma, loss, work related issues, redundancy?

My name is Susan Freedman and I am an experienced counsellor and psychotherapist. My clients have found that counselling and psychotherapy has been really helpful at dealing with issues like these.

## How can therapy help?

In a therapeutic space we can explore together any difficulties or painful feelings you may be experiencing, while working at your own pace.

We can make sense of your difficulties through links to the past, by thinking about thoughts and behaviours and exploring options for change - in an environment where you will not be judged and which is confidential.

By gaining insight and awareness of yourself, you can help to make sense of the confusion, make positive changes and start to get your life back.



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Counselling and Psychotherapy in Bushey, Herts  
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## About Counselling and Psychotherapy

Counselling and psychotherapy is a confidential, therapeutic space where the client is invited to think about their inner feelings together with the therapist. It is the client's space to use as they wish in the knowledge that they will be respected and not judged.

The role of the therapist is to facilitate these thoughts and feelings and perhaps explore them more deeply or to think about any options. The role of therapy is not to give advice but to allow the client to find their own solutions.

As a counsellor and psychotherapist, I am interested in understanding your issues and difficulties. We may explore childhood relationships and experiences, to make sense of the past - to see if there are any repeated patterns of behaviour.

We will also look at thoughts and feelings that emerge in the therapy room in the "here and now" to try to understand their origins. Once insight has been gained, change can take place.



## What is the difference between Counselling and Psychotherapy?

Counselling more often describes short term work, perhaps to help with a current emotional difficulty such as a bereavement, stress at work, relationship problems or trauma.

Psychotherapy is likely to involve more complex issues, sometimes requiring long term work at a deeper level so that deep rooted feelings can emerge. A client may be aware of painful feelings but not understand where they are coming from, such as anger, anxiety, sadness, guilt, depression, unresolved conflict which may be the result of childhood experiences.





## The Therapeutic Relationship

It is very important that the therapist and client have a good rapport in order for a good therapeutic relationship to develop. This allows the client to feel safe and secure enough to bring to a session whatever they are feeling, however painful - even if it is related to the therapist or the sessions. For therapy to be effective, I believe that the client and therapist must feel they are able to work together.

## Working together

Your first session will be an assessment. We will look at your difficulties and why you are looking for therapy at this time. We can also discuss your expectations and what you hope to achieve.

This first meeting will give us both the opportunity to see if we are comfortable working together and whether psychodynamic counselling or psychotherapy is appropriate for you at this time. I will do my best to answer any questions you may have.

Should we decide to work together, I will offer you a regular once a week 50 minute session on the same day and at the same time each week. This allows a feeling of safety and security to emerge.

I will listen attentively to what you are saying and try to ensure that I understand how you are feeling from your perspective. I will not judge you. We will work at your pace.

Counselling and psychotherapy can be a painful process. It is a space where old, buried issues can be brought into the present and explored, but with the experience and support of your therapist, they can be looked at in a new way and processed differently. When painful experiences are talked about, sometimes for the first time, their impact can lessen.



## About Susan



I am a qualified psychodynamic counsellor and psychotherapist, having undertaken rigorous training in psychoanalytical principles and methods at the University of Hertfordshire and gaining a Post-Graduate Diploma in Contemporary Therapeutic Counselling.

I have also undertaken training by University of Nottingham in Counselling for Depression.

## Experience

- Bereavement Counsellor, and currently work at a local Bereavement Service working with individuals who have been referred by their GPs.
- Working for a Cancer Support Charity offering individual counselling to cancer patients or their family members during and after their cancer journey. Also bereavement counselling at this agency.
- Experience working in a GP surgery offering short-term therapy for many issues.

## My Private Practice

I have worked in Private Practice for several years, from therapy rooms at Bushey Therapy Centre, offering long term and short term therapy.

I have found counselling and psychotherapy to be helpful with many issues including bereavement, loss, trauma, relationships, anxiety, depression, anger, abuse, low self esteem, stress, work related issues, feelings of worthlessness or unresolved conflicts.

My clients have included individuals of all ages and from different social and cultural backgrounds. I see each client as an individual with different needs and experiences and I will try to reflect this in the way I work with clients.

## Professional Membership

I am an Accredited Member of the British Association for Counselling and Psychotherapy (BACP) and adhere to its strict ethical framework.

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