Welcome to Believe in Talking

My name is Anna and I’m a Psychodynamically trained counsellor offering in-person or online counselling sessions to adults.

I believe that talking to a trained, professional counsellor in a safe, confidential place can help people to understand why they are struggling to cope with modern life challenges.

You as a prospective client considering counselling

You are reading this page probably because you are seeking counselling for a well-defined diagnosis or because some very unclear problem within you impacts your life.

You are trying to understand all the confusing counselling options available in terms of modality, timing, lengths. Finding a counsellor is often difficult also because the nicest fit might not be the right one.

I would be happy to have an initial, free of charge consultation in case you need some simple guidance towards what could be the best modality for you (which might not be what I can offer).

The broad type of problems I could help you with are: depression, anxiety, low self-esteem, weight gain/overeating (as addiction), shyness, trauma, difficulties to deal with/maintain relationships.

I’m primarily Psychodynamic counsellor (meaning using the principles of psychotherapy).

At present, I’m only accepting individual adult clients (unfortunately no children, adolescents or couples).

Introducing myself as counsellor

Normally, in a counselling relationship clients don’t need to know much about their counsellor. It is because that is the only way how a counsellor could remain neutral and unbiased. However, I understand that in order to enter into a so-called therapeutic relationship where trust is key, the client would need to know some basics about their counsellor.

I’m a Psychodynamic (in other word psychotherapeutic) counsellor trained in a BACP accredited training course.

I’m also a Doctor of Pharmacy and before becoming a counsellor, I worked in the pharmaceutical research industry for many years. Understanding how drugs generally work, helped me to find the balance between modern scientific advances (such as medication) and deeper emotional wellbeing provided by counselling. I believe medication and counselling would best work together.

Working with clients, I respect the client’s diagnosis made by themselves or by health care professionals. However instead of keeping my client in that defined “box of diagnosis” and “deal with” it, I tend to try to discover the invisible links between the different parts (past and present) of the client’s life.

For me the meaning of successful counselling is not measured by a specific achievement. It is a slow, constantly changing progress of how my clients think and feel about themselves and others.

What happens in our counselling room (in person or virtual)? w

Counselling always takes place in a strictly confidential environmental for both you (client) and me (counsellor).

I will be available for our discussion precisely at the start of the agreed hour and will finish 50 minutes later.

Primarily, the counselling space is yours; I’m there to listen but it does not mean that I’m passive. I’m interested in you, your struggles, emotions, everything that is an important part of you.

I’m there as an unbiased “other” person who could help to process what you cannot do yourself.

Every counselling session is unique and there is no homework or pre-planning involved. You just have to turn up and be truly yourself in that moment and space.

How to start counselling at Believe in Talking?

You might have had already had past experience with counselling, or this might be the first time you’ve considered it. Either way, the decision to start counselling might not be easy. Below you will find the simple process that would happen after you decided to contact me in [believeintalking@hotmail.com](mailto:believeintalking@hotmail.com)

1st step: Introduction

I will acknowledge your contact and offer you a brief introductory online session. I would be interested to know the main reason why you are seeking counselling, and some basic information about you such as age, occupation, support network. We will see if we can find a mutually convenient time/place for our sessions.

You would also have the opportunity to ask questions about me and what I can do.

After the session you have the choice to decide to go further or not.

There is no fee for this introduction session.

2nd step: Assessment

After you confirm that you would like to progress, I will set up an online or in person session for an assessment. This could take around 1.5 hour and will be a strictly confidential discussion.

This is the first opportunity we can talk more deeply and would allow both of us to see if our counselling relationship could work.

Before the session I will send you a few documents for you to fill out.

Again, after the session you have the choice to decide to go further or not. There might be a specific situation whereby I cannot take you as a client, in which case I will explain the reason.

The fee for the assessment will be £50 which I would wave if you started counselling with me.

3rd step: Start counselling

If we both agree to start counselling, we will agree a specific time and place (in person or online) where we would meet every week.

Before the first counselling session I will send you a few documents you will be asked to fill in and return. Information about logistics of the sessions will be provided in advance.

The fee for each weekly counselling session is £50.

Some important practicalities

I offer both long term (open ended) and short term (~16 weeks) counselling.

I offer counselling sessions in person in my home practice near Chichester, West Sussex, UK. (I can provide the exact address during the Introductory or Assessment session)

I also offer online counselling sessions using either Teams or Zoom.

My BACP membership number is: 01000775.

My usual fee is £50 per session. I offer discounted rate (£25) to students and people who live on benefits.

My availability for sessions often changes but it is broad, and it includes weekday evenings (5PM and 6PM) and Saturday morning (9, 10 and 11AM) UK time.

I ask clients to accept/sign a counselling contract with me (BeleiveinTalking Ltd) before counselling starts. The terms and conditions are clearly defined including cancellation of individual sessions (at least 24hrs before) and 3 weeks’ notice period to end counselling.

My preferred client communication outside of the counselling sessions is via email: [believeintalking@hotmail.com](mailto:believeintalking@hotmail.com)

I’m fully insured to offer online sessions to clients living within and outside of the UK.

Language of counselling is English.

Unfortunately, I cannot offer counselling to couples or children