



# Clear Skies Practice

The Devereux Centre, Tewkesbury

**Galina Filipkova**

HG.Dip.P (Trainee)

**Trainee Counsellor**

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clearskiespractice.co.uk

07760 531057 (email or text preferred)

I am a trainee counsellor HG.Dip.P (Trainee) and currently offer free\* therapy sessions for adults to complete the final stage of my psychotherapy qualification

*\* I offer free counselling but ask my clients to contribute £12 per 1-hour session towards room hire*

The Clear Skies Practice is a safe space where we can work together to help you move forward. Please read more about how I will support you on my website. The QR code will take you there

I can help with:

- Anxiety (mild to moderate)
- Panic attacks
- Stress (mild to moderate)
- Sleep
- Relaxation
- Depression (mild to moderate)
- Addiction (mild)
- Behaviour change
- Communication skills
- Grief/bereavement
- Life changes
- Loneliness
- Loss
- Performance
- Personal development
- Phobias (mild to moderate)
- Relationship difficulties (mild)
- Self-confidence
- Time management



I hold an Enhanced DBS certificate, professional indemnity insurance and am registered with the ICO (ICO Registration: ZB674218)

I have regular professional supervision for all my work with clients. I am registered with the HGI (Human Givens Institute) as a Trainee Member and adhere to its Code of Ethics & Professional Practice. Trainee Membership Number 188828 22



Human  
Givens  
Institute

The HGI is a professional register  
accredited by the Professional Standards  
Authority