Photo of me here

Debbie Livermore

07910 537 358

New email address here

My name is Debbie Livermore and I am a qualified and registered Counsellor. I am constantly learning both from my clients and from further training and professional development. I am always amazed at the power a counselling session can hold and the ability of my clients to grow and change.

I use a humanistic approach, which means I won’t judge you or tell you what I think you should do. The sessions are yours to use how you like, we can sit together in silence if that is what you need or you can talk about the issues that are troubling you, in a quiet, calm and confidential space. Sometimes you may not even be sure what those issues are but together we can find a way to cope with the challenges life brings and I will be by your side as we explore those challenges and your feelings about them.

I know how daunting it is to take the first step and reach out to a counsellor.  It takes courage and strength and shows that you are ready to address the areas in your life that are causing you distress and unhappiness.  We can look at these together, you set the pace. There is no stigma associated with seeking the help you

Finding the right therapist is an important first step

The relationship between you and your therapist is one of the most important factors in the effectiveness of counselling and psychotherapy.

A close up of a flower

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You can talk to me about addiction, depression, fear, grief, panic, relationships, anything and I will show you empathy and support but never judge you. I believe therapy works best when the relationship between counsellor and therapist is strong and we trust each other

I offer an initial assessment session and then, provided we are both happy to proceed, we will agree to meet on a weekly basis. Usually this will be on the same day of the week, and at the same time of day.

Together we will discuss what you want to achieve from counselling.

Our Sessions will be confidential.  (there are some limits to this so that I can keep you safe, we will discuss those in the first session)

You set the pace of the sessions.

I offer regular reviews to ensure therapy is working for you and to shift focus as things change.

Our Sessions can be face to face, via Zoom/Skype and I also offer a walking, talking session if you find that being outdoors and moving helps you focus on your feelings.

You can have as many sessions as you need, there is no limit to how many sessions you have.

My commitment is to be there for you at an agreed time and place to ensure you are given the time and space you need to work through your issues and hopefully effect change.

A close up of a purple flower

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