



What Is Counselling?

 Counselling helps you gain fulfilment in your daily life.

 We all limit our lives with worries and anxieties. Counselling can help you gain an increased understanding of their causes, helping increase your ability to cope.

 Counselling challenges you to explore fears and anxieties deeply, and through understanding them increase self esteem and gain increased confidence to face the world.

 Counselling does not provide magic answers or quick solutions, but is a key to securing long term benefits. It is, above all else, a supportive and safe activity.

**Counselling works –
if you want it to.**



Why Counselling?

 Counsellors are trained to help you unravel your problems and understand yourself better.

 In a busy world it can be easy for your needs to be overlooked. Counselling provides a time dedicated to you and your needs.

 Fears and anxieties can be more easily faced if not faced alone.

 Counsellors will not judge. They will not condemn. They will value you as a person and take your needs seriously.

 Counselling helps you to find and accept your own answers.



Why Janet Weeks?

 MBACP Snr. Accredited Practitioner.

 4 years professional training. Diploma in Counselling. Certificate in Loss and Bereavement. Actively engaged in ongoing Training. Diploma in Supervision.

 Trained in the use of Cognitive Behavioural Therapy (CBT)

 12 years of professional experience

 Extensive post qualification counselling experience with clients in private practice, Employee Assistant Programmes and Schools.

 I am caring and empathic, open and honest and bring these values to my counselling.



Session Information



Each session lasts for 50 minutes for individuals, an hour for couples and is totally confidential.



Daytime and evening sessions available



To cancel a session please give 48 hours notice.



I abide by the code of ethics or the British Association for Counsellors and psychotherapists. My practice meets the ongoing requirement for BACP Accreditation.



Janet Weeks B.A.(Hons)
Diploma Counselling
MBACP (Snr. Accred)

Counselling in Maidenhead



**Janet Weeks B.A. (Hons) Dip. Counselling
MBACP (Snr. Accred)**
01628 637595
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Janet Weeks

Person-Centred Counselling

Do you need time to talk?
Do you feel no one listens?
Are you depressed, anxious,
isolated?

HOW ABOUT COUNSELLING?



**A safe place where you
are the focus**

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