

## Look after your emotional health

Anxiety

Depression

Bereavement

Addictions

Relationships

Trauma

Abuse

Stress



### Catherine Green

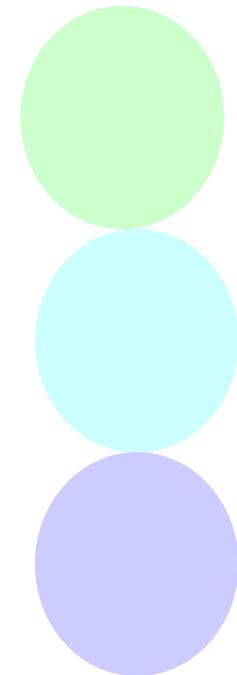
MSc Psychotherapy, CTA  
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Cert. Couples, Bereavement, Drug & Alcohol  
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## Counselling & Psychotherapy using Transactional Analysis

**Catherine Green**



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## Counselling & Psychotherapy

I am a UKCP registered psychotherapist and BACP Accredited counsellor with experience in working with depression, anxiety, relationship issues, trauma and abuse, bereavement and loss, substance misuse and addictions. I have experience of EAP (Employee Assistance Programme) counselling and work with issues affecting workplace stress, relationships, conflict and critical incident.

Counselling and psychotherapy offer an opportunity to talk through current problems or difficulties and to explore your thoughts and feelings confidentially. The therapeutic relationship enables you to work through past issues and traumas in order to understand how you cope and deal with different situations.

I have worked effectively and potently with many clients who, through their relationship with me, have been able to successfully deal with their emotional issues and make changes in their lives with greater self-understanding and awareness.

My approach to client work is empathic and non-judgemental. I am both supportive and gently challenging and work both short and long-term with clients depending on the issues presented.

## Practice Information

I maintain high standards of ethical and professional practice. I adhere to the UKCP and BACP code of ethics for good practice in counselling and psychotherapy and have regular supervision as part of my practice.

If you would like to discuss whether counselling or psychotherapy are appropriate for you, please contact me on 01442 866544. We will have an initial assessment to explore the issues you would like to focus on. It is important that you feel safe working with me and know that all sessions are kept strictly confidential unless there is any concern regarding your health or safety.

My practice is at Naturality, 42 Lower Kings Road, Berkhamsted, Hertfordshire HP4 2AA

The fees are:

Individual: 50 minutes £50

Couples: 60 minutes £60

Any sessions that are cancelled or not attended with less than 24 hours' notice will be charged in full.

## Couples Therapy

Couples therapy offers clients an opportunity to work through difficulties in relationships to help improve communication and understanding in order to make the changes needed when issues feel too difficult to resolve.

My training in couples therapy is largely based on Transactional Analysis but I use different models and approaches to help facilitate change in relationships.

Issues clients often explore in couples therapy include:

- Communication and conflict issues
- Unhelpful patterns of behaviour relating to each other
- Dealing with change and loss within the relationship
- Sexual and intimacy difficulties
- Marriage problems including resolution and separation

Couples therapy usually ranges from between 6 to 10 sessions depending on the issues presented. It is important that both parties have enough good-will to enter into the therapeutic relationship.