



## Problems

No problem is too big or too small to take to counselling – if it is bothering you then it is worth sharing. No issue is ever trivial, too great or too small. If it matters to you, it matters to me.

*Loss,  
bereavement  
bullying,  
stress,  
depression,  
anger  
relationship difficulties or  
'attachment issues'*

are commonly brought to counselling. As individuals we each have unique ways of communicating and engaging in relationships, some of which may, inexplicably, become problematic and give rise to tension and distress counselling can help you see things more clearly.



## About me

I trained at Derby University and gained a BSc (Hons) Psychology and Literature degree. I also, hold a Diploma in Theory and Practice of Counselling and an Advanced Diploma in Clinical Hypnotherapy.

My training meant I worked in various counseling and hypnotherapy agencies before I set up private practice.

I learnt my craft with Cruse Bereavement Care in Shropshire and the Wellness Centre in Wrexham.



**Colleen Swinden**

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[Shropshirecounselling.co.uk](http://Shropshirecounselling.co.uk)

# Shropshire Counselling Services



**01948 780666**



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## Private professional counselling

Often people tell me they want someone to listen, but have felt nervous or anxious before attending their first consultation. One of the more common reasons is a fear that their problems will be impossible to overcome. I know it actually takes a lot of courage to walk through the door and ask for help.

My name is Colleen Swinden and I provide private, professional counselling and therapy for anyone who is experiencing difficulties. My counselling practice is based in a discreet setting with plentiful (free) parking, on the ground floor, located on the Welsh border, local to Whitchurch, Oswestry, Shropshire and clients come from Shropshire, Wrexham and Cheshire.

My approach is simple. My aim is to help you find a positive outcome no matter what the problem is. No matter how deep you feel you have sunk, there is always a way back up.

There is no such thing as a 'typical' client for counselling, just as there is no such thing as a 'typical' person. For many people, between one and six meetings with me are sufficient to make a real difference to what was troubling them. I also offer longer term counselling where appropriate.

### How to book?

Contact me on **01948 780666**, or email [enquiries@shropshirecounselling.co.uk](mailto:enquiries@shropshirecounselling.co.uk) and we will then arrange a mutually suitable time to meet. Appointments are for sixty minutes and cost £40. If we do decide to go ahead with ongoing counselling or therapy, you will be able to book your next session straight away. I accept either cash or cheque. I do not charge a registration fee.

## Q&A

### What is counselling?

It's about exploring any worries, anxieties, problems or feelings that you feel are interfering in your everyday life. These issues may be in the here and now or in the past. It is an opportunity to be heard, a place to be supported in reaching your own decisions and conclusions.

### Are my sessions confidential?

Counselling is a confidential process, so if you refer yourself, no one else needs to know you are attending. All information shared in the process of counselling will be treated in confidence. No personal information will be shared with anyone else, without the client's permission unless particular and exceptional legal situations arise.

### What do people talk about?

As a counsellor and hypnotherapist I am used to hearing about all kinds of issues – nothing is taboo.

### How many sessions will I need?

Everyone has different needs, so there are no hard and fast rules. For many people, between one and six meetings with me are sufficient to make a positive impact on whatever was troubling them. I offer long term counseling where appropriate.