

I am an accredited counsellor, psychotherapist & clinical supervisor.

Registered governing body National Counselling Society (NCS). I adhere to NCS code of ethics to ensure your protection from malpractice & work ethically with you.

Further information visit [nationalcounsellingsociety.org](http://nationalcounsellingsociety.org)

**Qualifications:**

Advanced Diploma in Psychotherapeutic Counselling.

Advanced Diploma in Counselling & Psychotherapy

Diploma in Hypnotherapy and Counselling skills.

Diploma in Professional Supervision.

NCS Approved Supervisor.

Certificate in Online & Telephone Counselling.



Maggie Haines, Ad.Dip.Cp Dip. Hyp CS Dip.PC

Psychotherapist - Counsellor

Contact by Phone: **07907 654 507**

please leave me your message on my voicemail. I will call you back at my earliest convenience.

**OR**

Email: [info@maggiehaines.co.uk](mailto:info@maggiehaines.co.uk)

Visit my website: [www.maggiehaines.co.uk](http://www.maggiehaines.co.uk)



*It's All about Talking Therapies*

## Maggie Haines

Counsellor - Psychotherapist.

- Grief & Loss.
- Living under work related pressure.
- Relationship Issues.
- Need help improving self-value.
- Victim of crime.
- Struggling with all that Covid 19 has brought.
- Stress & Anxiety.
- Struggling to meet your Goals.
- Confused about your feelings.

Hello and Welcome, I'm Maggie  
Qualified Counsellor – Psychotherapist  
& Hypnotherapist. From time-to-time  
life throws us certain situations where  
we find we are not always in control.  
Alone, we can't always find the  
solution, so we become confused and  
feeling out of our depth. Sometimes we  
struggle to make sense of what is or  
has been going on.

You may be facing change - Coming to  
terms with a new stage in your life,  
maybe, the past keeps coming up and  
haunting you. Whatever your  
difficulties there is always a solution  
even if it doesn't feel like it now.

I too have experienced life's difficulties  
and had to face some challenges along  
the way - bringing me into this line of  
work. I enjoy being with people, for me  
I'm paying back by offering you a  
space to explore and discuss your  
concerns freely and without  
judgements. As an Integrative  
therapist I offer an eclectic mix of  
methodologies to best suit your needs  
in a calm environment where you can  
explore your concerns.

## **WHAT IS COUNSELLING?**

Counselling provides an opportunity to  
explore existing or past difficulties that  
are affecting ones peace of mind.  
Counselling creates a space to seek out  
answers and aims to find a resolution.  
The therapeutic environment offers you  
a safe, warm, and friendly atmosphere

where you will be listened to free from  
judgements.

It's important to recognise awareness  
around your fears, "the fear" is it "real"  
or it may something we've learned  
through social conditioning, and not  
something we're born with. Instead of  
believing in these fears, we can  
choose to release our fearful illusions,  
and begin to experience beautiful  
changes in our lives.

Past and present relationships will be  
explored which you may find at times  
uncomfortable, it will help you in the  
long term to grow, mature and  
understand yourself. Explore changes  
you desire, feel less confused, put  
things into perspective and watch how  
you flourish.

Seeking out talking therapies does not  
mean "you're weak", "mad" or "not  
normal like everyone else" - it means  
you care about yourself and value  
your own importance by recognising  
your well-being is important - As you  
would do when you visit your doctor or  
dentist.

## **Who is it for?**

Anyone? There are many reasons for  
seeing a therapist. You may be feeling low  
or upset, confused about your feelings,  
conflicting thoughts, relationship  
difficulties, family issues, frustrations.

Feeling in a rut and not knowing where to  
turn? You may have had a sudden life  
crisis such as bereavement. Relationship  
break-up or considering it! Loss of job,  
victim of crime. Left feeling anxious,  
depressed, or that your life is not making  
any sense? No situation is impossible!  
Come and have an initial assessment and  
see if it's for you.

The Benefits are enormous:

- Someone impartial willing to completely listen.
- Gain insight around personal issues, identify emotional needs, habits, and patterns of behaviour.
- Develop self-awareness.
- Gain Confidence and be totally you.
- Personal growth and Maturity.
- A Confidential service offering you a chance to bring about change.
- You may find It easier to talk to a stranger (Professional) than family and friends.



