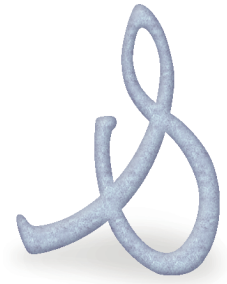


## **Support for Writers and Artists**

**Matthew Elton**

07779 036 924

[www.extra-help.org.uk](http://www.extra-help.org.uk)



One-to-one sessions in Edinburgh  
£35/hour. Initial consultation £20.

- Emotional difficulties blocking your creativity?
- Lack of confidence hampering progress?
- Your work just fine, but the rest of your life a struggle?
- Working alone and need to share ups and downs with someone outside your network of family, friends and colleagues?
- Leading / part of a collaborative project and need support on managing the process and/or improving communication?
- Looking for a counsellor / psychotherapist with an insight into the creative process?

Writing and other creative work - music, dance, art, design, performance - inevitably has its up and downs. Often these can be ridden out with the help of family, friends and colleagues. But sometimes it can be easier and more effective to seek support from someone independent.

The support service for writers and artists seeks to address your particular needs and can address issues such as:

- Dealing with particular difficulties, such as a temporary creative block, conflict with collaborators, and sudden loss of confidence.
- Developing and improving your working process: helping you to understand what ways of working are best for you and what ways are not; supporting you to make constructive changes in how you manage your process.
- Support and advice on developing effective communication techniques. I appreciate how important it is for you to be understood clearly and how frustrating it can be when this does not happen. This work can be especially important if you are part of / leading a collaborative project.
- Counselling and psychotherapy for a range of issues from someone with an insight into the creative process.

After an initial discussion over the phone, work will usually begin with a face-to-face session. If appropriate, later work can take place over the phone. Short and long term work undertaken as required.

## **Counselling and Psychotherapy**

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