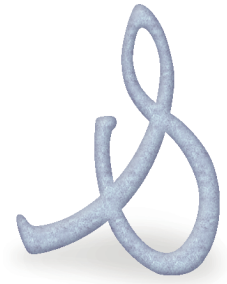


Counselling and Psychotherapy

Matthew Elton

07779 036 924

www.extra-help.org.uk



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

- Constantly sad, tearful, or upset
- Feeling stuck in your life, your job, your relationships
- Other people expect too much of you
- Finding it hard to cope
- Depressed
- Feeling stressed or angry
- Struggling to be more assertive
- Problems with your relationship
- Others don't seem to see the real you

These and other difficulties are common. Often a person can move forward with the help of friends and family. But sometimes it can be easier and more effective to seek the help of a counsellor or psychotherapist.

Counselling If I work with you as a counsellor our key focus will be looking at your current situation and exploring ways in which you can make positive changes and overcome difficulties. Each person has different needs and goals, and a different personality. My first aim is to understand and appreciate you for who you are. Then I can help you to explore ways in which you can tackle problems in a way that is right for you. This can involve simply talking through issues and coming to understand yourself and others better. It can also involve taking decisions to live your life in a different way. Sometimes this work can be uncomfortable. I may suggest you experiment with thinking, feeling, and behaving in ways that may be unfamiliar and even scary. And, at the same time, counselling can be fun, exciting, and deeply rewarding.

Psychotherapy Psychotherapy builds on the work done in counselling. It typically takes place over a longer period and involves a deeper examination of who you are. If I work with you as a psychotherapist then we will look at the repeating patterns of thought, feeling, and behaviour that limit your potential. Normally this will involve examining your past, looking, for example, at experiences and relationships from childhood. Psychotherapy draws on the belief that relationships and experiences in early life often have a continuing impact when we are older. By becoming more aware of the way in which our past has shaped our present, we create the space and opportunity to change. Some aspects of the process will be hard work, requiring a strong commitment to change, but, as with counselling, the process will often be stimulating and enjoyable. The overall result can be long-term and profound changes to how you understand yourself and how you live your life.

Your Questions

How much does it cost? *An initial half-hour consultation costs £20. Further sessions last fifty minutes and cost £35.*

How many sessions do I need? *How many sessions you choose to attend will depend on who you are, the difficulties you are encountering, and what benefits counselling or psychotherapy can bring for you. For some people just one session will be appropriate. For others, a series of six or ten sessions can be highly effective. A smaller number of people choose to invest in on-going psychotherapy, which may last much longer.*

Can people really change? *I am committed to the view that when you feel stuck in your life or overwhelmed by problems, there are always possibilities for change. Through reflection and action, you can come to understand yourself better and make changes to improve your life. Counselling and psychotherapy support this process.*

What approach do you take? *In my work I draw extensively on the ideas and methods of Transactional Analysis. You can find out more about this approach by reading the accessible book TA Today by Ian Stewart and Vann Joines or by looking up 'Transactional Analysis' at www.wikipedia.com. I also take an active interest in a range of other psychological approaches, including narrative therapy and the Buddhist techniques for developing mental well-being.*

What is your background? *My early career was as an academic philosopher, teaching and writing about the interface between philosophy and psychology. Since 2002, I have worked in the voluntary sector alongside studying counselling and psychotherapy. I have been in private practice since 2005. I hold a Diploma in Transactional Analysis Counselling and have completed Level 1 Narrative Therapy training.*

Where do you work? *I use rooms at Direction, a therapy centre at 18 Walker Street, Edinburgh, EH3 7LP. Direction is in Edinburgh's West End, about three minutes walk from the shop Habitat on Shandwick Place.*

When do you work? *I usually see clients between 5pm and 8pm on either Monday, Wednesday or Thursday. These hours may vary from time to time.*

Are you a member of a professional body? *I am a member of the Institute of Transactional Analysis (UK) www.ita.org.uk My practice is supervised according to the ITA code of ethics and I attend regular personal therapy, training and development.*

What's the first step? *Contact me by telephone and we can have a brief, informal, and confidential chat. At this point, you can decide to meet me for an initial consultation. Alternatively, I can suggest other professionals who might be better suited to working with you.*

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