



THERAPEUTIC SUPPORT

Claire Eva Shepherd – Psychotherapist

PROFILE

A therapist since 2004, I hold the strong belief that positive change is possible for everyone through small shifts in their perception.

Compassion, kindness, and caring what happens to you, are the cornerstones of my practice.

My desire to build a trusting therapeutic relationship with you is paramount to understanding your therapeutic process, and the small shifts in perception you will make from it.

Light bulb moments of realization through understanding yourself and your relationships with others, help to lift the darkness one shade at a time.

CONTACT

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CONFIDENTIAL – EMPATHIC – NON-JUDGEMENTAL

Offering Adult Therapy to Individuals & Couples

Telephone Counselling – last sessions 8pm
60 minutes £35.00
90 minutes £45.00

Video Counselling – last sessions 8pm
60 minutes £40.00
90 minutes £50.00
2hrs £80.00

HERE TO HELP WITH SUCH ISSUES AS:

Abuse, Adult Learning Difficulties, Addiction Recovery, Anger, Anxiety, Bereavement, Bullying, Dementia, Depression, Disability, Displacement, Divorce, Family Suicide, Fear, Grief, Isolation, Life-balance, Long-term Illness, Loss, Menopause, Parenthood, PTSD, Relationships, Relocation, Redundancy, Self-esteem, Sexuality, Spirituality, Stress, Terminal Illness and Trauma,

Unsure if I can help? Call for a chat 07841-474398

Choosing an online or phone therapist that's local to you makes sense, it helps when the person you're talking to knows landmarks, your environment, local resources and hospitals, and often has a working relationship with your GP practice and knows support groups to recommend.



Registered Member **55603**
MBACP