



The
Oxford
Practice

COUNSELLING in Malmesbury

Kate M James

Dip Couns, BSc Hons (Psych); BPS, MBACP

Oxford Practice tel: 01666 824560

mob: 07795 144977

Counselling

I offer a confidential counselling service in the heart of Malmesbury. Currently sessions are available on Mondays between 9am – 1pm.

People come to counselling for many reasons that may include:

- Relationships
- Divorce
- Depression
- Alcohol issues
- Abuse
- Anxiety
- Addictions
- Bereavement
- Self Harm
- Self esteem issues
- Developmental issues
- Suicidal thoughts
- General life issues



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What is Counselling about?

What do counsellors do?

Counsellors aim to help you cope with your feelings in a constructive and healthy way. Your counsellor will treat you with respect and will not judge you nor try to tell you what you should do.

Sometimes our lives may become difficult to manage, our hopes and dreams clash with reality and we feel we have nowhere to turn.

I believe we hold the tools within us to manage our lives in the most effective manner.

My philosophy is simple; I listen, meet you “where you are”, and offer a non-judgemental environment; we work collaboratively.

The most important thing to be aware of is that you are the client and you are free to make the right choices for you.

Please do check my website for testimonials and evidence that the “talking therapies” really work!



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About me

I hold a diploma in Therapeutic Counselling from Wiltshire college and am working towards accreditation with the British Association of Counselling and Psychotherapy (BACP). I also have a degree in psychology from the Open University.

I am a full member of the British Association for Counselling and Psychotherapy (BACP) and the British Psychological Society (BPS).

I abide by the codes of conduct of the BACP and BPS.

If you require any further information please either leave a message (voice or text) on the above telephone number or email me on:

email: info@malmesburycounselling.co.uk

website: www.malmesburycounselling.co.uk

FRENCH IS ALSO SPOKEN / JE PARLE FRANCAIS