



## SUSANA KOPPEN B.TEC HND DIP. Experienced Qualified Counsellor.

### PROFILE

I am a qualified Counsellor providing remote Counselling and Life Therapy by telephone.

I follow the ethics of The British Association of Counsellors and Psychotherapists BACP. I provide a Person-Centered approach to all clients from the age of 16 years and couples counselling.

I offer all clients a FREE INTRODUCTION telephone call to give you an opportunity of 'meeting' prior to beginning remote sessions. Zoom is also an option for couples counselling. This is a good way for you to sample our counsellor-client connection.

### CONTACT

**PHONE:**  
**07866 407 917**

**EMAIL:**  
**[silkstherapy@outlook.com](mailto:silkstherapy@outlook.com)**

### WHY COUNSELLING & LIFE THERAPY?

Counselling gives time and space just for you, time and space for you to open up about worries and concerns, knowing you are safe and understood.

Many of us can struggle with feeling lost or overwhelmed. Counselling and Life Therapy support provides a safety net to guide you through difficult times and restore your inner beauty and natural wellbeing.

By gently exploring the route of negative concerns you will be given tools to build confidence for a positive, brighter and happier you.

During our sessions I can help you overcome individual concerns and guide you into living your best life with calm and rewarding time just for you.

Areas commonly addressed include:

- Anxiety
- Job concerns
- Educational uncertainties
- Lack of social interaction
- Finances
- General current climate worries.
- Specialist in Post Natal and Peri Natal Depression

Sessions begin from 50 minutes long, and regularly tailored specifically to support individual's needs.

### **Unlock your inner peace and positivity with a brighter, healthier and happier you.**

*To discuss a personalized service at times to suit your lifestyle simply get in touch by email or phone.*