



Statement of purpose

PAWS for Thought Counselling is based at the following address:

Westland Farm, Bratton Fleming, Barnstaple, EX31 4SH

Telephone: 07821 142543

Email: rosie.pftc@gmail.com

Website: www.pawsforthoughtcounselling.co.uk

- ✚ PAWS for Thought Counselling works from Westland farm and the local countryside on the outskirts of Exmoor National Park. Offering Counselling and Alternative Therapies for Children, Young People and adults with various needs.
- ✚ Rosie Middleton holds the necessary training and qualifications to hold the following sessions. I am happy to discuss further my training and qualifications with you upon request. A copy of these are displayed via my website.

Sessions are held both indoors and outside. Sessions include:

- ✚ Counselling
- ✚ Outdoor Therapy
- ✚ Animal Assisted Therapy
- ✚ Walk & Talk
- ✚ Pet Bereavement

- ✚ These services are offered to children, young people and adults and young people who have mental health difficulties. Presenting issues may include (but are not limited to): Anxiety, bereavement, bullying, burnout, depression, family issues, low mood, loneliness, low confidence and self-esteem, relationship problems, social anxiety, stress, work related stress and emotional regulation.
- ✚ Professional mental health support is provided by Rosie Middleton who is BACP registered and PAWS Certified.
- ✚ Dip. Counselling, Adv. Dip. Working with Children and Young People, PAWS Therapy Dog certification program, Adv. Dip Pet Bereavement Counselling.
- ✚ PAWS for Thought Counselling strives to support clients to improve their levels of self-awareness and understanding, various therapeutic learning opportunities with a qualified Mental Health Professional in a beautiful countryside location.



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- ✚ A Humanistic and person-centered approach is applied to support clients in their journey to work towards their desired therapeutic goals. I abide by the BACP ethical framework, ensuring that the clients' needs are kept at the center of the work we do. PAWS for Thought Counselling strives to offer a warm and inviting environment, creating a space that's tailored to suit the needs of each individual.
- ✚ Rosie Middleton attends core training such as safeguarding and first aid to ensure the safety of all clients who attend sessions. Regular Continuing Professional Development is undertaken to ensure knowledge and learning is kept up to date.
- ✚ When delivering Animal Assisted Therapy sessions animal welfare and client safety is kept at the heart of what we do, ensuring sessions are enjoyable for all involved.
- ✚ At PAWS for Thought Counselling I believe regular supervision is essential to the work that I offer, to ensure that all clients gain the most from their sessions. This is also laid out in the guidelines of the professional organizations I belong to such as The British Association of Counselling and Psychotherapy (BACP) and PAWS Therapy Dog Training. I also adhere to the codes of practice that these organizations publish.
- ✚ Sessions are reviewed regularly, to ensure clients are gaining what they expected from their Therapy sessions. This allows necessary adjustments to be made if needed.
- ✚ Necessary training, continuing professional development an supervision, help widen our knowledge and improve our services for all clients using my services.