



Liz Whiteley
Counselling & Psychotherapy



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ACCESSIBLE THERAPY FOR ALL...
SPECIALISE IN

- TRAUMA
- DISABILITY
- PRE-TRIAL THERAPY

OFFERING ONLINE & FACE TO FACE
THERAPY

LIZ WHITELEY
COUNSELLING &
PSYCHOTHERAPY



2022 ANNUAL LEAVE DATES

As I do every year, I have planned my annual leave dates over the next year. I feel this benefits both myself and my clients as they can know in advance when there is a break in their sessions.

Annual leave is crucial for everyone. It is part of self-care (an essential element) as it gives us time to rest and recuperate to perform our best in our work.

I feel it is vital for me to be at my best when working with my clients in my role. It is so important to be completely present for my clients, and the last thing you want is for your therapist to be working on burn out mode.

But equally, I know how unsettling it can be when there is a gap in your therapeutic process, this can really throw you off your therapeutic stride, and I would hate to catch clients off guard with up and coming time off.

With that in mind, I lay out my annual leave dates below. These are dates I have rebooked, but it is important to note that, in life, things do come up, and we need time off for other things also, sickness etc. and so if this is the case, I would work hard to let you know and with as much notice as possible. I thank you in advance for your cooperation if this occurs. Liz

11th February 2022 - 15th February 2022

21st March 2022 - 27th March 2022

2nd May 2022 - 8th May 2022

20th June 2022 - 26th June 2022

8th August 2022 - 14th August 2022

26th September 2022 - 2nd October 2022

31st October 2022 - 6th November 2022

19th December 2022 - 1st January 2022 (2 weeks)



Thank You,

Liz Whiteley



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