

ELEANOR LINDLAR COUNSELLING

‘This who I am, this is who I want to be’

HOPEFULLY, ALL OF US AT SOME TIME, HAVE BEEN ABLE TO SAY THIS

Counselling Young People

I have worked, as a counsellor, with young people from a variety of backgrounds for 18 years in colleges, schools and in private practice.

With all the differences in life experience, whether traumatic or nurturing, the overriding common factor as young people is the need to discover who we are, and how we can thrive, and eventually become comfortable with our emergent identity.

To survive in a world that measures, judges, defines and constrains every move they make, young people need to develop a confidence in their ability to thrive even in hostile environments.

To thrive, young people need to find a place where they can truly explore, and become secure in, who they are without the fear of being labelled silly, stupid or just plain wrong.

Research by Mick Cooper shows that the opportunity to talk openly in a confidential setting was the most helpful element of counselling, with ‘getting things off their chests’ and ‘suggestions and advice’ given during those sessions a very close second. In the same research, 91% found that there was nothing unhelpful about counselling and that is was ‘all good’.

Often when we are young we are told we need to ‘shut up, put up and do it this way’. Counselling provides a space where we can start by discovering who we feel we might be, and leave being able to say – ‘This is who I am, this is who I want to be, and this is how I am going to get there’.

Charges

For the first meeting where we see if we can work together	No charge
Subsequent sessions	£40.00 per hour
Low waged – available for up to 4 clients	£20.00 per hour

Sessions booked that are cancelled at less than 48hrs notice will be charged at £20.00 per hour.



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