

David Harford Counselling and Psychotherapy



Location **Scotland, Fife**
<https://www.freeadsz.co.uk/x-171624-z>

HOW DOES IT WORK? Everyone can benefit from a spell of counselling, or psychotherapy, whether they are feeling distressed, or unwell, experiencing relationship difficulties, or simply wish to improve certain aspects of their lives. Potential clients will be offered a 30-minute assessment session which is free of charge. The purpose of this first session is to establish whether the client(s) and myself wish to work together. At the end of the assessment, should we reach agreement to begin a course of treatment, a deposit of £10 is required towards the cost of the first session. This deposit covers my room hire costs in the event that you either cancel, or fail to arrive for your first session. Thereafter, clients will be required to pay for all subsequent sessions which will last for 50 minutes (80 mins for couples). Those with limited funds may be able to agree the low income rate by prior negotiation. Above all, I provide a friendly and professional service provided in an atmosphere of warmth, mutual trust and acceptance. For further details and to arrange an assessment, feel free to get in touch. ABOUT ME: - Certified Transactional Analyst (Psychotherapy), CTA(P) - Registered Member of the UK Council for Psychotherapy (UKCP Reg) - Accredited Member of the British Association for Counselling and Psychotherapy (MBACP Accred) - Counselling Member of COSCA (Counselling and Psychotherapy in Scotland) I adhere to the ITA Code of Ethics, the COSCA Statement of Ethics and Code of Practice and, also, the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy. I have over 15 years working with people experiencing mental health difficulties. I also have substantial knowledge of supporting people with learning disabilities and physical impairments. In addition, I hold a Diploma in Transactional Analysis Counselling, which is validated by COSCA and have significant clinical experience of treating a wide variety of presenting issues, including: - depression - low self-esteem - anxiety - agoraphobia - panic - stress - bereavement -

anger management - assertiveness - self-harm - survivors of abuse and bullying - post-traumatic stress disorder (PTSD) - personality and relationship problems - marriage / relationship problems - alcohol and drug problems - problems with sex - FURTHER SESSIONS: £30 per session for couples - low income rate available - telephone counselling - £30 per session - CONTACT: David Harford 017962 88222
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