

How Counselling can help

When you are faced with difficulties, it can often help to talk things through with someone who is not a personal friend or relative.

People come to a Counsellor for many different reasons.

Making a difficult decision, dealing with a bereavement, coping with stress at work, coming to terms with past experiences, or sorting out relationship difficulties, are some examples of the problems that we face every day.

But sometimes these cause us extreme worry or sadness, and it is at these times that Counselling can help, by giving you the opportunity to talk about your feelings and think through how things might change for the better.

How you decide to make changes, and whether you take these forward, is entirely up to you.

How to contact us

We work in New Mills, Bakewell, Hope Valley and Matlock.

Appointments are available in the day-time and early evening.

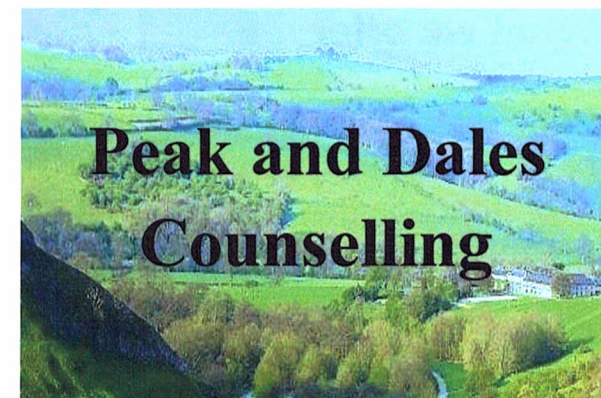
To arrange a first appointment or for further information please contact us

by email:

counsellors@
PeakandDalesCounselling.co.uk

or phone/text: 07818 473472

(Please leave a message if we are not available to take your call and let us know if we can leave a message or call you back)



www.PeakandDalesCounselling.co.uk

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What we offer

Skill: we are all fully qualified and have extensive Counselling experience in the NHS, voluntary organisations, and private practice.

Compassion: a calm, accepting, and confidential approach

Flexibility: number and frequency of meetings to suit you (agreed between you and your counsellor)

Accessibility: you can contact us directly without going to your doctor or employer

Choice: a choice of Counsellor depending upon what you are looking for

Moderate cost: fees are payable, but will be discussed with you before you make any decision as to whether to continue (Some concessions may be available)

Who we are

We are a group of experienced Counsellors who know the High Peak and Dales well.

Sue Dargavel

I am an experienced Counsellor who has worked in the NHS and private practice since 1998. I have extensive experience of helping people with a wide range of problems and difficulties at all stages in life. I use several different counselling models and adapt the counselling to meet the needs of each person I see.

I am based in the Matlock area.

B.Ed(Hons), Dip Couns., Cert.Ed., Dip.Th.Past.Couns., MBACP(Registered and Accredited)



Carole Goodwin

I have worked as a Psychologist in Sheffield, and as a Counsellor in primary care in Sheffield and Derbyshire, since 1996. I offer counselling, stress management, and life coaching. I have a specific interest in grief and loss and I have extensive experience of working with carers, with parents, and with people with disabilities.

I work in Hope Valley, in Bakewell, and in New Mills.

BA(Hons)Psych., MA, Dip.Couns., Cert.Ed., Cert.Groupwork, Cert.BriefTh.

Brenda Howlett

I have worked as a Counsellor since 1996, mainly in the NHS but also for charities and privately. I have extensive experience of working with individuals and couples from many diverse backgrounds.

I am based in the New Mills area.

BA(Hons)Psych., Dip.Couns., Cert.Ed., Cert.CC(Relate), Cert.CID., MBACP(Registered)