

## **TERESA FAIRWEATHER - COUNSELLOR**

I have been a Counsellor for over a decade and a Clinical Supervisor for some five years.

I have counselled many different people presenting with a wide range of difficulties. I offer therapy for issues such as depression and anxiety, bereavement, work related stress, abuse, relationship difficulties and breakdown, the impact of severe and terminal illness. I work in NHS settings, for Employee Assistance Providers and in private practice. I have also worked in Hospice settings as a Counsellor and within mental health services as a Social Worker.

I am a BACP registered and Accredited Counsellor and abide by the BACP code of ethics.

I hold a BSc in Integrative Counselling and Psychotherapy; a Certificate in Couples Counselling; a Certificate in Clinical Supervision. I undertake regular training to keep myself up to date and to enhance my continuing professional development.

I offer therapy to adults and young people over 16 and to Couples who may be experiencing relationship difficulties.

### **Counselling Session and contact details**

Therapy and Supervision sessions are available weekdays, early evenings and Saturday mornings. They take place in a quiet, private room in my family home in Ipswich. The sessions are usually an hour for individuals and an hour and a half for couples. The frequency of sessions can be tailored to specific need. If mobility difficulties or ill health prevent you leaving home other arrangements can be made so that you can access counselling.

The cost of sessions is £45.00 per hour.

Contact me in the first instance by email at  
[teresa.fairweather6060@gmail.com](mailto:teresa.fairweather6060@gmail.com)

Website: [teresafairweathertalktherapy.co.uk](http://teresafairweathertalktherapy.co.uk)