



## A Healing Mind

### Counselling

Need someone to talk to about your worries or concerns?

Someone who won't give you their opinion or advice about what you should and shouldn't do?  
Someone who won't judge you and will accept you for who you are?

Someone ethical you can speak to in a confidential, quiet and non-intrusive environment?



#### What exactly is counselling?

Counselling is a talking therapy. It provides you with a regular time and space to explore your problems and difficult feelings in a non-judgemental and confidential environment.

It's an opportunity for you to focus on issues that are important to you and discuss them in depth with a trained professional. Many people find this much easier than opening up to family, friends or colleagues.

#### Talk with confidence, in confidence

Amanda is a fully qualified counsellor and hypnotherapist, a registered member and bound by both the BACP (British Association for Counselling and Psychotherapy) Ethical Framework for Good Practice and the GHSC (General Hypnotherapy Standards Council) Code of Ethics. Amanda offers non-judgemental, ethical and confidential therapeutic support encompassing counselling, hypnotherapy, neuro linguistic programming (NLP) and emotional freedom technique (EFT). Amanda works with clients helping them to understand their behaviour and issues, empowering them to find their own way forward with positive solutions. Amanda has experience working both short and long term in the NHS, voluntary sectors along with a private practice, working with a diverse client base on a vast range of issues.



#### How can counselling help you?

Counselling can help you understand yourself and your behaviours better, improve your relationships and deal with specific problems allowing you to explore changes you would like to make and options which are open to you.

Talking in this way can really empower you and help you find a clearer path to your future!

**For more information please contact:** West Yorkshire Police Federation on 01924 295494 or

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