



Individual Counselling

Counselling is a talking therapy which is there to support people while they give voice to their fears, hopes and anxieties.

The objective of counselling is to enable clients to choose their own solutions – it's not about offering advice and guidance, or preformed solutions. It is about building a relationship of mutual respect and partnership, which means that the person can be confident they will be listened to and heard in a non-judgemental environment. This allows for a relationship based on mutual trust to develop.

As a counsellor I believe that taking care of our mind and well-being is essential. Our survival depends on it. In the modern world we receive medical treatment for illness, diseases, physical ailments and injured limbs. We can even replace damaged organs with reconstructive surgery. However, the mind remains a mystery. Events of the mind are invisible to the naked eye and science through the normal methods of observation. However, according to recent advances in neuroscience the brain is constantly evolving throughout our lives. The human mind is a beautiful thing; able to bring us moments of great joy and inspiration. But it's also fragile – subject to emotional crisis and distress. Sometimes it simply doesn't function, creating unhappiness and pain. Embedded in the deep structures of our neural network, the functions of the mind go unnoticed. We are only aware of it because we experience the world through sensory perceptions, storing memories and making sense of

our lives in the brain. It's a region of profound mystery where we feel intense emotions, understand language and generate ideas. Yet how do we look after it?

This is where I can help.

Depending on your concerns, counselling may be a brief or long-term commitment. The work we do together will be at both conscious and unconscious levels of experience.

Sessions can be provided for individuals, and groups who may share similar issues.

At Directions, every counselling session is unique because I know every client and their challenges are unique to them. In my practice I focus on:

- The here-and-now (immediate issues)
- Relationships and attachment
- Historical events

I will help **you** gain insight, make better choices and come to decisions that feel more constructive.

Howard Antonio, Directions Counselling Service

Connect with me on [Linked In](#)