



## How Will We Work Together?

As a general counselor, I will work with whatever you bring as a client. Counselling is a personal relationship between people and requires mutual trust, openness and honesty.

Initially, we would have a preliminary talk, by phone so that we can discuss your needs. This talk is free and without any obligation.

Feel free to call me on 0333 210 0121, or e-mail me, where you can ask any questions you may have.



I am a qualified counsellor, holding a diploma in therapeutic counselling. I am a member of the BACP (British Association of Counsellors & Psychotherapists), holding their certificate of proficiency. I abide by the BACP's ethical framework for good practice.



My work is based on a person centred approach. In this, I believe people can find their own positive solutions to their problems with the right support. The relationship I provide is based on trust, respect and a non-judgemental, empathic attitude to every individual.

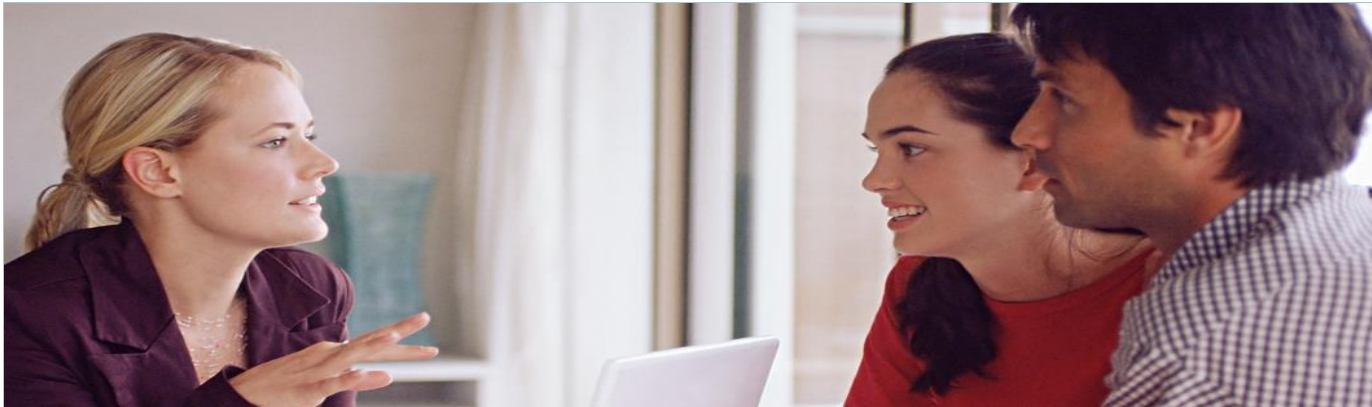


Welcome to Trinity  
Counselling  
with  
Caroline Eglinton.  
BSc (Hons), Dip (Couns),  
MBACP



web :  
[www.trinitycounselling.co.uk](http://www.trinitycounselling.co.uk)  
e-mail :  
[caroline@trinitycounselling.co.uk](mailto:caroline@trinitycounselling.co.uk)

tel :  
0333 210 0121



## Q&A

# How Can Counselling Help Me ?

### What can I expect in a counseling session?

A session lasts for 50 minutes. Initially we would aim to complete 6 sessions, but this can be extended if required.

I will start a first session explaining how we will work together and agreeing some boundaries for our work together. After this, you will lead the direction and pace of counseling.

You can bring any issues you wish to discuss. It may be one or several.

### How much will it cost?

Each session is £30.

Payment is by Cash or Cheque.

### Where is Trinity Counselling based?

The Olney Treatment Rooms,

15 -17 Osborns Court

Olney

Buckinghamshire

MK46 4LA

(I can also see clients at premises in Stony Stratford, Milton Keynes – please ask for details)

Life can be full of problems and anxieties or just feel empty sometimes. Things can happen which cause us to cease to be able to function in our usual way. Sometimes, we feel that family or friends don't fully understand, or struggle to know how to help. We may feel that we don't want to burden them.

During our individual counselling sessions, I can help you identify and better understand your particular situation. I can explore all of your difficulties and feelings in a confidential setting, where you will not be judged. Together we can work on finding a positive solution for your problems.

### Some examples of issues I have worked with:

Bereavement/loss	Relationships
Self-esteem	Anxiety & Depression
Sexuality	Abuse

### Where can Individual Counselling Help?

- Self-esteem
- Dealing with depression and anxiety
- Dealing with loss and trauma
- Finding ways to accept yourself
- Building confidence

### What Benefits Can I Expect from Working with a Counsellor?

Often it is helpful just to know someone understands. Counselling can help provide a fresh perspective to a difficult problem. Working with a counsellor can enable you to unpick the difficult feelings you are experiencing and help you to understand yourself better and move forwards.