

Terry Debney

Accredited:

MBACP Accredited & Registered
(British Association of Counsellors and Psychotherapists).

Languages: English

Works with:

- Individuals of all ages
- Couples
- Families
- Groups
- Organisations.
- Also offers clinical supervision and training to counsellors and groups.



Specialisms:

Family, parenting and relationship difficulties, disability, abuse, anger management, addictive behaviours, trauma and anxiety issues.

About me:

I offer counselling to individual clients, couples and families who want help to cope with situations that are making them feel anxious and depressed, stressed and stuck, angry or sad. I have a particular interest in working with people who want to know themselves better, start a new relationship, have experienced a loss or breakdown within an important relationship, or want to explore and repair a family or parenting issue.

Building positive, stronger and more fulfilling relationships is at the heart of all my work whether that relationship is with yourself, with your family and loved ones, at work and certainly between you as a client and me as your therapist.

I also offer clinical supervision and training to experienced and trainee counsellors, groups and organisations.

I work in an integrative way offering the skills and techniques that empower you. These include shorter term CBT and practical problem solving techniques to longer term work exploring issues on a deeper basis.

What other clients have said:

"It was always easy to talk to Teri about really difficult things and I never felt judged" (LW 20015)

"I'm leaving these sessions feeling positive and with your help I now have a clearer vision of my life which I will take with me into the next chapter" (CB 2015)

Training, qualifications & experience:

I am an experienced counsellor and supervisor currently working in private practice. I have also managed counselling services in the statutory and voluntary sectors. I am experienced in working with a diverse and culturally mixed group of clients.

Certificate in psychosexual therapy

MBACP registered and accredited

CPCAB Diploma Therapeutic Counselling (Psychodynamic/Intercultural)

Diploma Family, couples and Systemic Practice

Certificate CBT Life coaching

CPCAB Level 6 Certificate Therapeutic Supervision

Contact me:

terry@heretoconnect.com

www.heretoconnect.com