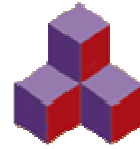


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# St Albans and District Counselling and Psychotherapy Group

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## **■ Experienced Counsellors and Psychotherapists**

We adhere to the relevant codes of ethics and practice of the British Association for Counselling and Psychotherapy (BACP), and/or are registered with the United Kingdom Register of Counsellors (UKRC), the United Kingdom Council for Psychotherapy (UKCP), the British Psychoanalytic Council (BPC).

## **■ Examples of some of the issues which are brought to us:**

- Relationship difficulties
- Problems that are manifested through depression or anxiety
- Low self esteem and lack of confidence
- Specific problems such as bereavement, sexual difficulties or eating disorders
- Recovery from trauma - including rape, assault or childhood abuse
- Long-standing emotional difficulties
- Stress related problems

## **■ How will counselling or psychotherapy help?**

Many people seek therapeutic help at some point in their lives. For example, it may be at a time of sudden change, such as loss of a job, bereavement, or a feeling of depression or anxiety for no obvious reason. The psychodynamic approach is a way of exploring how such difficulties may reflect, not only present problems but also have connections with past experiences. Through the relationship between you and your therapist, an understanding can emerge of the feelings and patterns of behaviour that may be troubling you.

## **■ How long will this take?**

Many people go initially for short-term focused work to deal with a specific problem. Some people decide they want to make deeper changes in their lives and continue in longer term work, sometimes several times a week. The nature of this commitment will depend on you, the counsellor or psychotherapist and the kind of work you want and need to do.

## **■ How much will it cost?**

The fee for sessions will vary but will probably be between £35 and £65 per meeting. The amount may be negotiable. This can be discussed at the initial consultation.

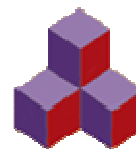
## **■ What is the first step?**

The first step is to arrange an initial meeting. This will offer you time to talk about what is troubling you and how to proceed. You and the therapist may then decide to continue to work together or if not you will be helped to explore alternatives. On page 2 is a list of group members and telephone numbers. Or you can write or send an e-mail to the addresses below.



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# St Albans and District Counselling and Psychotherapy Group



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 **Linda Brown**

**Telephone 01727 839686**

Jungian analyst/psychotherapist trained with the British Association of Psychotherapists. She is a member of the International Association of Analytical Psychology and is registered with the British Psychoanalytic Council. She is also an experienced psychodynamic counsellor and Health Professions Council registered art therapist. Her previous experience includes student counselling, NHS psychotherapy and professional training and supervision of counsellors and art therapists. She has a private practice in St Albans offering therapy and supervision.

 **Warren Colman**

**Telephone 01727 810337**

Jungian analyst and couples psychotherapist in private practice in St. Albans. He works with individuals in long term, in-depth therapy, attending between two and five times weekly. He also sees couples. Training Analyst and Supervisor for the Society of Analytical Psychology and the British Association of Psychotherapists; Full Member, Society of Couple Psychoanalytic Psychotherapists. Registered with the BPC.

 **Jackie Gerrard**

**Telephone 0208 207 5019**

An experienced psychoanalytic psychotherapist, qualified with the London Centre for Psychotherapy in 1982 and registered with the BPC. She is a Full Member, Supervisor and Training Therapist at the LCP and also a Training Therapist for other psychotherapy trainings, including the Association of Child Psychotherapists (ACP). She works mainly in private practice seeing patients from once to five times weekly and supervises counsellors and psychotherapists both during and after their training. She also specialises in assessments for psychotherapy and in marital psychotherapy. Private practice in Elstree.

 **Anne Gray**

**Telephone 01727 852669**

A psychotherapist with over twenty years experience, who works as a practitioner and teacher in the field of counselling and psychotherapy. Private practice in St Albans, where individuals can be seen on a once weekly or more frequent basis. Member of the Guild of Psychotherapists.

 **Karen Jenkinson**

**Telephone 07982743212**

Psychoanalyst in private practice in St Albans seeing individuals from once to five times a week. She supervises trainees and professionals. She qualified with the Institute of Psychoanalysis, is an Associate Member of the British Psychoanalytical Society and is registered with the BPC. She has many years experience in the NHS as an adult psychotherapist where she assesses patients for psychotherapy and provides once weekly individual therapy.

 **Howard Jennings, MA**

**Telephone 01923 857869**

With 25 years experience as a counsellor, Howard qualified at the University of Hertfordshire and, for many years, has also been a counselling supervisor and trainer, mainly on the Diploma in Counselling at Oaklands College, St Albans. He is a BACP accredited counsellor, supervisor and trainer and has a private practice near Radlett, as well as being a counselling provider to the NHS. He can work short or long-term, depending on need.

 **Lauren Kaye**

**Telephone 01923 854384**

Jungian analyst / psychotherapist in private practice in Radlett. She is a Professional Member of the Society of Analytical Psychology and is registered with the BPC. She works mainly with adults in in-depth psychotherapy and analysis. She also qualified as a student counsellor with the University of London (Birkbeck) and works with late adolescents in both long term and brief therapy. She offers supervision and consultancy to psychodynamic counsellors, psychotherapists and organisations.

 **Elizabeth Richardson, MA**

**Telephone 01707 336696**

Jungian analyst and psychotherapist, Professional Member of the British Association of Psychotherapists, registered with BPC and UKCP, also member of BAPPS, and BACP (accredited). Training Therapist and Supervisor for BAP and also other organisations. Works on a once, twice or more frequent weekly basis, with people who might be having difficulty in coming to terms with unexpected and/or unwanted change in their life, and with those who want to make changes in the way they feel about themselves and others. Private practice in Welwyn Garden City.

 **Sandra Steel, MA**

**Telephone 01727 830378**

A psychotherapist who trained at the Minster Centre, holds a Diploma in Integrative Psychotherapy, and is registered with the UKCP. She works psychodynamically with adult and late adolescent individuals on a once or twice weekly basis. Special interests include working with eating disorders (compulsive eating, anorexia and bulimia) and also in using art as part of the therapeutic process where appropriate. Short term counselling also undertaken. Private practice in St. Albans.

 **Michael Whan, MA**

**Telephone: Home 01727 842250 Practice 01727 810371**

Jungian analyst/psychotherapist, member of the Independent Group of Analytical Psychologists, the Association of Independent Psychotherapists and an external trainer at Re-Vision, Centre for Integrative Psychosynthesis (UKCP registered). Formerly he worked in the NHS child, family and adult psychiatric services. He now has a private practice in St Albans offering individual therapy and supervision.

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**St Albans and District Counselling and Psychotherapy Group**  
**2nd Floor, 16 Chequer Street, St Albans, Herts, AL1 3YD**

[www.stalbanscpg.org](http://www.stalbanscpg.org)

email: [info@stalbanpcpg.org](mailto:info@stalbanpcpg.org)

