

Ruth Robinson



AreaCovered:

Cirencester/Gloucestershire/Wiltshire

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Additional Details:

I have a private practice in Cirencester. I work with clients to:

- Resolve relationship difficulties and anxieties,
- Build confidence and self-esteem,
- Deal with stress and depression,
- Cope with bereavement and other life crises.

I have had experience working as a Lead Teacher for the Health and Well Being Team in Gloucestershire Schools and I am available to work with children and their families throughout Gloucestershire and Wiltshire. This can also include working in client's schools.

Through the use of Emotional Therapeutic techniques I help clients to express and explore their feelings in a safe and supportive environment. We work together to build self-esteem and confidence, and to find ways to solve current difficulties by recognising and using the client's own personal strengths and potential.

Training, Qualifications & Experience

- Certified Member of the Foundation for Emotional Therapeutic Counselling
- Diploma in Emotional Therapeutic Counselling
- Accredited Member of the National Counselling Society
- B.Ed Hons

I have taught for over 26 years working with mainstream Primary school age children and children with special needs, including children on the Autistic Spectrum. On a number of occasions I discovered some children were underachieving because they had emotional difficulties. By giving time to talk and resolve difficulties they were then able to reach their true potential and build their self-esteem.

I have worked as an Advisory Teacher for Under Fives and the Foundation Stage in Manchester and Gloucestershire. I have also worked as a Lead Teacher for the Gloucester Health and Well-being Team, which involved working with Primary and Secondary schools throughout the Gloucestershire area, supporting Healthy Schools' applications and show casing my "Resolvers" group and class work promoting anti-bullying. I piloted Family SEAL (Social and Emotional Aspects of Learning) for families and carers, including looked after children. I was part of the Healthy Minds Matter Project, which was a joint initiative between the NHS and Gloucestershire schools. I have also volunteered as a Children's Coordinator for Winston's Wish, which is an organisation that helps children come to terms with a family bereavement.

As a result of my experience I now work as an Emotional Therapist, because I truly believe that emotional health and well being is crucial for a contented fulfilling life for both young people and adults.

Fees:

- £40 per hour after an initial 20 minute free consultation.
- Concessions can be given through a subsidised therapy fund for clients in need.