

How We Work Together

For over thirty five years I have worked with people in a variety of settings from my time in the British National Health Service, District Department of Clinical Psychology and District General Hospitals to private practice.

With the advent and maturity of the world wide web - to you and I the internet now, in 2015, I am using this as a central resource for my work with both individuals and groups.

Before I tell you more about the options which you and I have available to us to be able to work on the important issues which are currently facing you be they relationships, bereavement and loss or life transitions resulting in stress and anxiety I wish to share with you my view of life and living it.