



**BEDFORDSHIRE & AREA COUNSELLING AND PSYCHOTHERAPY ASSOCIATION**

15 St. Cuthberts Street, Bedford MK40 3JB

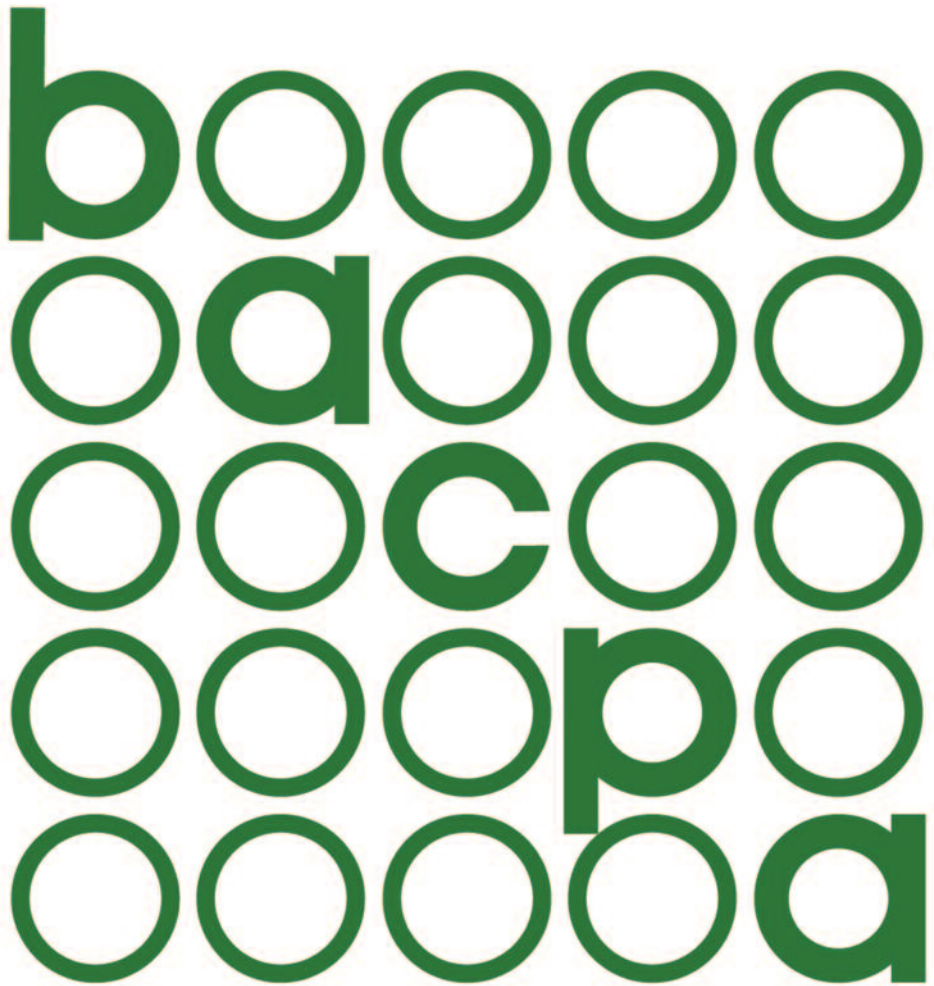
Telephone: (Office) 01234 363848

Email: [bcpa@freenetname.co.uk](mailto:bcpa@freenetname.co.uk)

website: [www.bacpa.org.uk](http://www.bacpa.org.uk)

**BEDFORDSHIRE & AREA COUNSELLING AND PSYCHOTHERAPY ASSOCIATION**

Covering Herts • Beds • Bucks



**2009/2010 DIRECTORY OF COUNSELLORS AND PSYCHOTHERAPISTS**

Including Supervisors and Trainers



## ABOUT THE BACPA DIRECTORY

This directory includes qualified counsellors and psychotherapists, supervisors and trainers in Bedfordshire, Hertfordshire & Buckinghamshire. It is used by a wide variety of people ranging from members of the public who are seeking help for the first time; through to a wide range of professionals who need easy access to counsellors and psychotherapists for their clients and patients.

All the practitioners included in this directory are members of the Bedfordshire Area Counselling and Psychotherapy Association at the time of printing. Other relevant memberships, registrations etc., are shown as part of the respective entry. In the main section of the directory, practitioners are listed according to area. Areas are listed alphabetically.

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The surname of each practitioner is listed alphabetically. Each listing shows the directory area(s) in which they are included and the page on which their entry appears. All practitioners subscribe to a professional code of ethics and practice, and carry professional liability insurance. Due to the nature of the bacpa, the practitioners included in the directory are from a wide variety of training and educational backgrounds and therefore the practitioners included collectively offer a wide choice of service.

**This directory is available on our website - [www.bacpa.org.uk](http://www.bacpa.org.uk)**



## BACP MEMBERS

Practitioners who include the BACP Code Of Ethics & Practice in their entries and are not shown as BACP accredited/registered, will usually be bacpa individual Members who have either chosen not to pursue this course of accreditation, or are still involved in this process. Such inclusion of the BACP Code of Ethics & Practice is not intended to imply the qualification, endorsement or approval of BACP. What it means is that such Individual Members of BACP are bound by their Code of Ethics & Practice and are subject to the relevant Complaints Procedure. We suggest you contact the respective practitioner if you require any further clarification of their status.

## BEDFORDSHIRE & AREA COUNSELLING & PSYCHOTHERAPY ASSOCIATION LIABILITY

BACPA is not an accrediting body. Whilst reasonable care has been taken in producing this Directory to ensure the accuracy of its contents, BACPA cannot be liable or held responsible for any error, omission or inaccuracy in text or otherwise in the information contained herein relating to individual practitioners.

## ABOUT BACPA

The aims of BACPA include:

- To raise public awareness of counselling and psychotherapy, and provide information to the public and other professionals regarding the availability of counselling and psychotherapy services through the publication of an Annual Directory.
- To facilitate contact between counsellors and psychotherapists from all backgrounds, in the local area.
- To promote high standards of practice.
- To facilitate the exchange of knowledge, skills and information between counselling and psychotherapy practitioners and those working in related fields.

BACPA is a non-commercial organisation which is managed by voluntary committee. Any profits raised are reinvested in its aims and activities.

## TO JOIN BACPA

Membership is open to all individual qualified counselling and psychotherapy practitioners, supervisors and trainers, regardless of theoretical approach or background, to those who are engaged in an appropriate training, and to those who use counselling or psychotherapeutic skills in their work. We welcome applications from those who are based in the surrounding areas as well as those from Bedfordshire. Inclusion in the directory is only open to members who already hold appropriate qualifications.

**If you are interested in applying for membership please email: [bcpa@freenetname.co.uk](mailto:bcpa@freenetname.co.uk)**

## AMPHILL & FLITWICK AREA

### BRAD CHARTERIS

Adams Close, Amphill, Beds MK45 2UB

Tel: 01525 751691

email: [amphillcentre@aol.com](mailto:amphillcentre@aol.com)

website: [www.amphillcounselling.com](http://www.amphillcounselling.com)

Services Offered:	Counselling and Psychotherapy covering most issues, including: relationships, anger, anxiety, depression, stress.
Qualifications:	Advanced Diploma in Humanistic Integrative Counselling; Diploma in Humanistic Integrative Counselling; Certificate in Humanistic Integrative Counselling
Memberships, Registrations etc.:	MBACP.
Code(s) of Ethics & Practice:	BACP
Clientele:	Individual Adults
Theoretical Approach:	Integrative - humanistic/psychodynamic/CBT
<b>Fees:</b>	<b>£30-£37 (Limited concessions)</b>

### MARGARET FENSOME

School Lane, Greenfield, Beds MK45 5DE

Tel: 01525 716042

email: [fensome@gotadsl.co.uk](mailto:fensome@gotadsl.co.uk)

Services Offered:	General Counselling short and long term for most problems, including anxiety, depression, unresolved issues from childhood, alcohol and substance abuse, sexual violence and trauma
Qualifications:	Diploma in Therapeutic Counselling, Level 3 cert in counselling studies, level 2 cert in counselling skills; Certs in child bereavement, victim support certs
Memberships, Registrations etc.:	BACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Adults, young people, 16+, trainee counsellors
Theoretical Approach:	Humanistic / Integrative
<b>Fees:</b>	<b>£35</b> (No wheelchair access)

### RUSSELL HURN

Clophill Road, Maulden, Beds, MK45 2AE

Tel: 07973 563511

email: [russell.hurn@psychologyforlife.co.uk](mailto:russell.hurn@psychologyforlife.co.uk)

website: [www.therapyfor.me.uk](http://www.therapyfor.me.uk)

Services Offered:	Counselling and Psychotherapy for adults, adolescents, children, and families. Trauma and Anxiety problems. EMDR, EFT & TFT.
Qualifications:	Chartered Counselling Psychologist
Memberships, Registrations etc.:	Associate fellow of BPS.
Code(s) of Ethics & Practice:	BPS
Clientele:	Adults, Adolescents, children and families
Theoretical Approach:	Integrative, CBT, psycho dynamic and systemic theory and New Energy Psychology. Methods including Thought Field Therapy, Emotional freedom Technique and EMDR
<b>Fees:</b>	<b>On application</b>

## ROSE WHITELEY

Brewery Lane, Ampt Hill, Beds MK45 2NE

**Tel: 07940 526664 Fax: 01525 406746**

email: [rose@whiteleywords.com](mailto:rose@whiteleywords.com)

Services Offered:	Short and long term psychotherapy and counselling for most problems, with specialist training and experience in sexual and relationship issues and sexual orientation
Qualifications:	Post-Graduate Diploma in the Theory & Practice of Psychotherapy for sexual dysfunction Advanced Diploma in Humanistic Integrative Counselling
Memberships, Registrations etc.:	UKCP Reg; UKAHPP (Accred); BASRT(Accred); UKRC Reg Ind Couns.
Code(s) of Ethics & Practice:	UKCP; UKAHPP; BASRT
Clientele:	Individuals and couples (18+) People with minority sexual identities are welcome.
Theoretical Approach:	Humanistic / Integrative
<b>Fees:</b>	<b>£40 (Individuals) £50 (Couples) Concessions sometimes available</b>

## BEDFORD AREA

### SANDRA ABBOTT

9 Mountbatten Place, Barkers Lane, Bedford, MK41 9RL

Also office in Higham Ferrers

Tel : 01234 721334 Mob: 07929 944 986

email: orchardlane@fsmail.net

Services Offered: General counselling including depression, anxiety, bereavement and work-related issues - Open ended or limited work

Qualifications: Post graduate Diploma in Counselling (Univ. Herts.) 2000

Memberships, Registrations etc.: MBACP (Accred.), UKRC Registered Independent Counsellor

Code(s) of Ethics & Practice: BACP

Clientele: Individuals 16+

Theoretical Approach: Integrative

**Fees: £35 (Wheelchair access)**

### SANCHIA BARLOW

High Street, Harrold, Beds MK43 7BH

email: sanchia.barlow@tesco.net

Tel: 01234 721762

Services Offered: Individual psychoanalytic psychotherapy for wide range of difficulties. Extensive NHS experience. Clinical supervision and consultation

Qualifications: London Centre for Psychotherapy Accreditation

Memberships, Registrations etc.: British Psychoanalytic Council

Code(s) of Ethics & Practice: LCP; BPC

Clientele: Adults

Theoretical Approach: Psychoanalytic/Psychodynamic

**Fees: £45-£50**

### JULIA BUCKROYD

Church Street, Willington, Beds, MK44 3PU

Tel: 01234 831316

email: j.buckroyd@herts.ac.uk

website: understandingyoureating.co.uk

Services Offered: Courses for Emotional Eaters

Qualifications: Emeritus Professor of Counselling

Memberships, Registrations etc.:

Code(s) of Ethics & Practice:

Clientele: Emotional eaters

Theoretical Approach: Integrative

**Fees: £60 per course**

## CHRIS HANNAH

Millfield, Bromham, Bedford, MK43 8LR

**Tel: 01234 823098 Mob: 09739 13985**

email: channah@btinternet.com

Services Offered:	Specialist in Family Therapy/Counselling; Couple & Individual Counselling; Trauma & Stress Reduction; EMDR
Qualifications:	Registered Systemic Psychotherapist, Trainer & Supervisor
Ongoing Training:	Stress and pain reduction
Memberships, Registrations etc.:	UKCP (Systemic Section); KCC Register of therapists & supervisors
Code(s) of Ethics & Practice:	UKCP/KCC
Clientele:	Families, Couples, Individual therapy EMDR & Mindfulness Stress Reduction
Theoretical Approach:	Systemic - EMDR (trauma reduction). Mindfulness Based Stress Reduction
<b>Fees:</b>	Minimum fee of <b>£25. £45</b> (Sessions 60 -90 min) for private work (Wheelchair access)

## JANE HASLAM

Knights Avenue, Clapham, Bedford MK41 6DG

**Tel: 01234 313963**

email: j.hinds@ntlworld.com

Services Offered:	Individual counselling for depression, loss, addiction, relationship issues, and resolving painful childhood issues
Qualifications:	Advanced Certificate in Counselling (WPF), European Diploma in Therapeutic Counselling (CPCAB)
Memberships, Registrations etc.:	MBACP (Accred); UKCP
Code(s) of Ethics & Practice:	BACP
Clientele:	Adults and young people
Theoretical Approach:	Psychodynamic/Holistic
<b>Fees:</b>	Sliding scale starting from <b>£30</b> . Some concessions (Wheelchair access by arrangement)

## JENNY HERON

15 St. Cuthberts Street, Bedford. MK40 3JB

**Tel: 01234 349242**

email: jennyheron@hotmail.co.uk

Services Offered:	Short and long term counselling. General, specialising in eating disorders, childhood abuse and sexual orientation, diabetes
Qualifications:	Postgraduate Diploma in Counselling (1992)
Memberships, Registrations etc.:	MBACP (Snr Accredited), UKRC, Eating Disorders Association Professional Member
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals (16+), Employee Assistance Programmes
Theoretical Approach:	Lifespan Integrations, cognitive behavioural, motivational enhancement, person centred ethos
<b>Fees:</b>	Income related <b>£15 - £40</b> . Referring agencies <b>£40</b> min. Phone or home visit for physical disability

## VIVIEN HOLT

Tel: 07980 494702

Meadowcroft, High Street, Pavenham, Bedford, MK43 7NP

Services Offered:	Long and short term counselling. General any age, specialising in counselling young people 13+ and the elderly
Qualifications:	Diploma in Counselling, NCFE Huntingdown Regional College 2004
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals 13+
Theoretical Approach:	Integrative
<b>Fees:</b>	<b>£35</b> concessions for student counsellors (Wheelchair access)

## DAVID MONKS

Tel/Fax: 07956 344865

9 Mountbatten Place, Barkers Lane, Bedford MK41 9RL

email: therapyhealing@googlemail.com

Services Offered:	Psychotherapy - Counselling
Qualifications:	M.A. (Psychotherapy and Healing) Middlesex University 2005
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Individual adults
Theoretical Approach:	Jungian, Psychoanalytic, Transpersonal
<b>Fees:</b>	<b>On application</b> (Wheelchair access)

## MIRIAM RICHARDSON

Tel: 01234 825512

15 St. Cuthberts Street, Bedford. MK40 3JB

email: miriam.richardson@btinternet.com

Services Offered:	Therapy/Counselling with families, couples, individuals and children, for a wide range of issues. Special interest in working with children and their families/carers, including children in care. Supervision, Training and Consultation
Qualifications:	MSc in Systemic Psychotherapy; Diploma in Systemic Teaching, Training & Supervision
Memberships, Registrations etc.:	UKCP, KCC Register of Therapists & Supervisors, Assoc. of Family Therapy
Code(s) of Ethics & Practice:	UKCP, KCC; AFT
Clientele:	Children & young people; Individuals, couples, families and others in relationship
Theoretical Approach:	Systemic, Narrative and Brief Therapy
<b>Fees:</b>	<b>Individuals £40</b> with concessions for low incomes. Other fees on application

## FRANCESCA SALMASI

Dimmock Road, Wootton, Beds. MK43 9DW

Tel: 01234 349242

email: flsalmasi@hotmail.com

Services Offered:	Therapeutic counselling with CBT skills. Bi lingual Italian/English
Qualifications:	Advanced Diploma in Therapeutic Counselling & Psychotherapy
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	16 and above, singles and couples
Theoretical Approach:	Humanistic, Integrative with CBT
<b>Fees:</b>	Negotiable (Wheelchair access)

## DEANNA SELBY

15 St. Cuthberts Street, Bedford. MK40 3J

Tel: 01234 309856

email: dselbycounselling@ntlworld.com

Services Offered:	Open ended or time-limited work for various issues including low self-esteem, relationships problems, depression, anxiety and eating/weight management etc.
Qualifications:	Postgraduate Diploma in Counselling (University of Herts., 1999) CBT Training (2006)
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Individual Adults. Couples. Some Groupwork
Theoretical Approach:	Integrative - Psychodynamic/Person-centred/Cognitiver
<b>Fees:</b>	£35 individuals. £48 couples (1 1/2 hrs) £10 daytime initial consultation (Wheelchair access by prior arrangement)

## DAVID WARD

15 St. Cuthberts Street, Bedford. MK40 3JB

Tel: 01234 300273

email: info@davidward.counselling.co.uk

website: www.davidward.counselling.co.uk

Services Offered:	Counselling and Psychotherapy, long and short term, general issues, loss and bereavement and emotional, physical and sexual abuse and trauma in childhood
Qualifications:	MA Psychotherapy & Counselling, Regents College, City Uni.
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Individual Adults
Theoretical Approach:	Integrative (Psychodynamic-existential-CBT)
<b>Fees:</b>	£30

## BIGGLESWADE AREA

### ELIZABETH HARVEY

Church Street, Shillington, Hitchin, Herts.SG5 3LJL

Tel/Fax: 01462 713674 Mobile: 07974 371 285

email: elizabeth@ehp.uk.com

website: www.ehp.uk.com

Services Offered:	Counselling and psychotherapy, time-limited work
Qualifications:	Post-Graduate Diploma Psychotherapy and Counselling (Regents College, City Uni.) Certificates in CBT & EMDR BSc Health Studies, Registered Nurse.
Memberships, Registrations etc.:	MBACP (Accred.), UKRCP Registered Independent Counsellor, Society of Existential Analysis
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals and couples
Theoretical Approach:	Integrative (Existential, Person Centred, CBT)
<b>Fees:</b>	<b>£35.</b> Reduced rates for low income and students

### DEBBIE KNOWLES

Station Road, Tempsford, Sandy, Beds

Tel: 07806 413766

Services Offered:	1:1 Counselling in your own home. General life issues. Sudden traumatic bereavement, mid-long term work
Qualifications:	Diploma in Therapeutic Counselling
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, students and trainees
Theoretical Approach:	Person Centered, Integrative
<b>Fees:</b>	<b>£25</b>

### KATHERINE LEE

The Dunton Centre for Counselling & Psychotherapy  
13 Church Street, Dunton, Nr Biggleswade, Beds SG18 8RR

Tel: 01767 601259

email: kathcounsellor@aol.com

Services Offered:	Counselling: individuals, couples short/long-term. Counselling parents & children. Training in Parent Education. Supervision - Individual/Group. Counsellor Trainer
Qualifications:	Cert. (Dipl. equivalent) in Psychodynamic Counselling & Groupwork. (1995); Cert. in Supervision Skills (1999); Facilitation of Parent Education (Parentline Plus) (OCN. 2005); CBT training (2006)
Memberships, Registrations etc.:	MBACP (Accred); UKRCP Registered Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, Couples, Groups, Children and Parents. Student Counsellors
Theoretical Approach:	Humanistic/Integrative
<b>Fees:</b>	<b>£37</b> individuals. <b>£40</b> couples (Wheelchair access by prior arrangement)

## MADELEINE LEGG

High Street, Ashwell, Nr. Baldock, Herts SG7 5NP

**Tel: 01462 743447 Fax: 01462 742385**

email: m.legg@ashwellcounselling.co.uk

Services Offered:	Counselling: individuals and couples. Supervision
Qualifications:	Advanced Diploma Psychodynamic Counselling Post qualifying Certs in Supervision and Cognitive Behavioural Therapy
Memberships, Registrations etc.:	MBACP (Accred.); UKRCP Registered Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, Couples
Theoretical Approach:	Psychodynamic, Integrative. CBT - short term
<b>Fees:</b>	<b>£35</b> (Wheelchair access)

## ROSIE LYDEN

Wilsheres Road, Biggleswade, Beds SG18 0DN

**Tel: 01767 221720**

email: rosie.lyden@ntlworld.com

Services Offered:	Medium-long term counselling/psychotherapy for a wide range of issues. Supervision - individual and group. Experiential Groups ~ personal development. Extensive experience with residential child care/fostering services
Qualifications:	Diploma Gestalt Psychotherapy Pt.1 Psychology for Therapists Diploma in Individual Group Supervision for Counsellors, Psychotherapists and related professions
Memberships, Registrations etc.:	British Gestalt Society; MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Adults. Young People 12+. Small Groups. Couples
Theoretical Approach:	Gestalt/Integrative
<b>Fees:</b>	<b>£35</b> individuals. <b>£45</b> couples. Agencies and groups by negotiation

## PETRA WALKER

Bedford Road, Northill, Biggleswade, Beds SG18 9AL

**Tel: 01767 627340**

website: www.therapy-by-petra

Services Offered:	General counselling and psychotherapy, hypnotherapy brief and long term, bereavement, relationships, stress, phobias and suspension
Qualifications:	Adv. Dip. Hypno-Psychotherapy, Cert. Psychodynamic & PNLp, Dipl. Penny Parks Inner Child Therapy
Memberships, Registrations etc.:	MBACP ( Accred.). GHR
Code(s) of Ethics & Practice:	BACP, GHR
Clientele:	Individuals, groups, adults and teenagers 18+
Theoretical Approach:	Cognitive integrated with psychoanalytical concepts & client centred ethos
<b>Fees:</b>	<b>£40</b>

## LUTON & DUNSTABLE AREA

### PAT FORD

Finch Crescent, Linslade, Leighton Buzzard, Beds LU7 2PF

**Tel: 01525 370445**

email: patford.counselling@btinternet.com

website: www.three-counties-counselling.co.uk

Services Offered: Short, Medium and Long Term counselling and supervision. All aspects of stress management, anxiety, panic attacks, post trauma. All aspects of abuse, relationship, depression, suicide intervention, anger, loss, bereavement

Qualifications: Diploma in Counselling, Diploma in Supervision Individual & Group.  
Human Givens Diploma

Memberships, Registrations etc.: MBACP Accred. Counsellor and Supervisor (Snr. Accred.); HGI

Code(s) of Ethics & Practice: BACP; HGI

Clientele: Individuals Couples and Families

Theoretical Approach: Integrative and Human Givens Therapy

**Fees: £35-£40 (Wheelchair access)**

### KAREN HEAD

Counselling in your own home,  
Therapy Room, Natures Harvest, Leighton Buzzard, Beds

**Tel: 01525 370725**

email: avisitcounsellor@fs.net

website: www.avisitcounsellor.counselling.co.uk

Services Offered: Counselling in your own home or at Natures Harvest

Qualifications: Diploma in Psychodynamic Counselling, Diploma in Professional Studies in Psychodynamic Counselling, Foundation Cert in Contemporary Psychotherapy, Practitioners Cert in NLP

Memberships, Registrations etc.: BACP

Code(s) of Ethics & Practice: BACP

Clientele: Adults

Theoretical Approach: Psychodynamic and Solution Focussed

**Fees: £15-£38 a/c family income and size**

### CHRIS HENDEN

Dunsmore Road, Luton, Beds LU1 5JY

**Tel: 01582 454252**

email: chris@chris-henden.co.uk

website: www.chris-henden.co.uk

Services Offered: Counselling, psychotherapy, trauma therapy

Qualifications: Certificate in Holistic Psychotherapy (1997), Somatic Trauma Therapy Certificate (2001);  
Diploma in Integrative Body Psychotherapy (2008)

Memberships, Registrations etc.: UKCP Registered Psychotherapist  
CABP (Chiron Association of Body Psychotherapists), BACP

Code(s) of Ethics & Practice: CABP (UKCP), BACP

Clientele: Individuals 16 and over, Couples

Theoretical Approach: Integrative, Relational, Holistic, Body

**Fees: £50 (reviewed September) (Wheelchair access by prior arrangement)**

## BUCKINGHAMSHIRE/MILTON KEYNES AREA

### SHARON CULL

Saddington, Woughton Park, Milton Keynes MK6 3EH

Tel: 01908 236130

email: sharoncull@btconnect.com

Services Offered:	Individual therapy, relationship counselling, supervision
Qualifications:	Diploma in Psychology of Human Relations, 1979; Relate Qualified Counsellor, 1983; Relate Qualified Supervisor, 1986
Memberships, Registrations etc.:	MBACP (Snr. Accred), UKRC Registered, Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, couples, counsellors
Theoretical Approach:	Modern Psychodynamic
<b>Fees:</b>	<b>£40-£50</b>

### GLORIA DOBBIN

Boulter's Lock, Giffard Park, Milton Keynes, Bucks MK14 5QR

Tel: 01908 218074

email: clover@dobbin522.freemove.co.uk

Services Offered:	Short & long term counselling/psychotherapy; wide range of issues including depression, anxiety, trauma, self-harming, Second Generation
Qualifications:	MA in Integrative Psychotherapy (Middlesex Univ.) Diploma in Integrative Counselling & Psychotherapy, Certificate in Counselling (WPF)
Memberships, Registrations etc.:	BACP; UKRC; UKCP
Code(s) of Ethics & Practice:	BACP; UKCP
Clientele:	Individuals : adults and young people
Theoretical Approach:	Integrative
<b>Fees:</b>	<b>£35-£45</b>

### LINDA FARTHING

Nicholas Mead, Great Linford, Milton Keynes, MK14 5EL

Tel: 01908 605085

email: linda.farthing1@btinternet.com

Services Offered:	Individual psychotherapy/counselling, short or long-term
Qualifications:	Certificate of Competence - Integrative Psychotherapy Post Grad. Diploma - Integrative Psychological Studies
Memberships, Registrations etc.:	MBACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Adults
Theoretical Approach:	Integrative
<b>Fees:</b>	<b>£30</b> Limited number of concessions (No Wheelchair access but alternative venue can be offered)

## PAT FORD

Finch Crescent, Linslade, Leighton Buzzard, Beds LU7 2PF

**Tel: 01525 370445**

email: patford.counselling@btinternet.com

website: www.three-counties-counselling.co.uk

**Services Offered:** Short, Medium and Long Term counselling and supervision. All aspects of stress management, anxiety, panic attacks, post trauma. All aspects of abuse, relationship, depression, suicide intervention, anger, loss, bereavement

**Qualifications:** Diploma in Counselling, Diploma in Supervision Individual & Group.  
Human Givens Diploma

**Memberships, Registrations etc.:** MBACP Accred. Counsellor and Supervisor (Snr. Accred.); HGI

**Code(s) of Ethics & Practice:** BACP; HGI

**Clientele:** Individuals Couples and Families

**Theoretical Approach:** Integrative and Human Givens Therapy

**Fees:** £35-£40 (Wheelchair access)

## PATTY GREAVES

City Counselling Centre,

320 Saxon Gate West, Central Milton Keynes, MK9 2ES

**Tel: 07808 024526**

email: pattygreaves@waitrose.com

**Services Offered:** Relationship/Couple counselling. Individual Counselling (particularly in relationship issues). Supervision

**Qualifications:** BSc Psychology/zoology; Certificate in Counselling (Marriage Care);  
AQA/Marriage Care Certificate in Counselling Supervision

**Memberships, Registrations etc.:** MBACP

**Code(s) of Ethics & Practice:** BACP

**Clientele:** Couples, individuals over 18 years old

**Theoretical Approach:** Client Centred

**Fees:** £35 individuals; £45 couples (Wheelchair access)

## JEAN HARDING

The Old Cross Keys, 97 High Street, Stony Stratford,  
Milton Keynes, MK11 1AT

**Tel: 0845 345 1788 Mobile: 07732 857 243**

email: info@jhardingcounselling.co.uk

www.jhardingcounselling.co.uk

**Services Offered:** General counselling, including depression, disability/health, life transitions, relationships, stress

**Qualifications:** Diploma in Counselling (Gestalt Centre); Diploma in Professional Development: Counselling skills & perspectives (Univ.of North London)

**Memberships, Registrations etc.:** MBACP (Accred.)

**Code(s) of Ethics & Practice:** BACP

**Clientele:** Individuals (16+); couples

**Theoretical Approach:** Gestalt, Humanistic (leaflet available)

**Fees:** £35-£45 (Wheelchair access)

## SMITA KAMBLE

Stone Hill, Two Mile Ash, Milton Keynes, MK8 8DN

**Tel: 07803 155 4052**

email: [smitark@btinternet.com](mailto:smitark@btinternet.com)

[www.srkcounselling.co.uk](http://www.srkcounselling.co.uk)

Services Offered:	Face-to-face psychodynamic therapy
Qualifications:	Diploma, Psychodynamic Theory and Practice
Memberships, Registrations etc.:	BACP, UKCP
Code(s) of Ethics & Practice:	BACP; UKCP
Clientele:	All
Theoretical Approach:	Psychodynamic, psychoanalytic
<b>Fees:</b>	<b>£35 - £40</b> (No wheelchair access)

## SHEELAGH LAUDER

Brookside, Hodge Lea, Milton Keynes, MK12 6JP

**Tel: 01908 223306**

Services Offered:	General Counselling, open-ended/ time-limited, including abuse, loss, spirituality, relationships etc
Qualifications:	WPF Diploma in Psychodynamic Counselling WPF Postgraduate Diploma in Psychodynamic Counselling
Memberships, Registrations etc.:	Counsellor member of FPC, MBACP (Accred.), UKRC Registered Independent Counsellor
Code(s) of Ethics & Practice:	FPC, BACP
Clientele:	Individuals
Theoretical Approach:	Psychodynamic, psychoanalytic
<b>Fees:</b>	<b>£35-£45</b> some daytime concessions

## ROSHMI LOVATT

The Old Cross Keys, 97 High Street, Stony Stratford,  
Milton Keynes, MK11 1AT

**Tel: 07534 229626**

email: [roshmi.lovatt@btinternet.com](mailto:roshmi.lovatt@btinternet.com)

[www.roshmilovattpsychotherapy.co.uk](http://www.roshmilovattpsychotherapy.co.uk)

Services Offered:	Psychotherapy, counselling - personal growth, low self esteem, loss, change, relationship problems, trauma, stress, identity, race & culture. Bengali and French spoken. Use of creative arts.
Qualifications:	Diploma & MA Integrative Arts Psychotherapy
Memberships, Registrations etc.:	UKCP Registered
Code(s) of Ethics & Practice:	UKCP; IATE (Institute for Arts in Therapy & Education)
Clientele:	Individuals, groups, couples, adults, children
Theoretical Approach:	Integrative, Relational, Arts, long and short term
<b>Fees:</b>	<b>£40</b> negotiable depending on income (Wheelchair access)

## LESLEY MCILROY

The Coach House, Lavendon Grange, Olney, Bucks MK46 4HL

**Tel: Mobile: 07765 251829**

email: lesley@mcilroy.plus.com

Services Offered:	Counselling for stress, anxiety and depression; short or long-term; work-related or personal; in Olney or Central Milton Keynes.
Qualifications:	MSc Occupational Psychology, BA (Hons) Psychology, Cert. in Cognitive Behaviour Therapy, Advanced Cert. Psychodynamic Counselling, Cert. Stress Management
Memberships, Registrations etc.:	MBACP, (Accred.), BPS (Graduate)
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, aged 16 and over
Theoretical Approach:	Psychodynamic, Cognitive
<b>Fees:</b>	<b>£35-£40</b> (Wheelchair access)

## JOHN PENNY

Media House, Presley Way, Crownhill, Milton Keynes, MK8 0ES

**Tel: 07913 868633**

email: mjohn.penny@tiscali.co.uk

www.cogituspsychological.co.uk

Services Offered:	Therapy: Individuals/couples. Supervision, psychological assessments. Training
Qualifications:	Professional Doctorate in Counselling Psychology. MSc Counselling Psychology. Diploma in Counselling; Diploma in Coaching. Accredited Level A & B Psychometric Test Administrator.
Memberships, Registrations etc.:	BPS
Code(s) of Ethics & Practice:	BPS
Clientele:	Adult individuals/couples, private and organisational
Theoretical Approach:	CBT, Brief solution focussed, experiential dynamic
<b>Fees:</b>	Please visit website for details (Wheelchair access)

## IRENE PUGH

17 Linden Grove, Great Linford, Milton Keynes, MK14 5HF

**Tel: 01908 662441**

email: irenelinden@waitrose.com

www.irenepughcounselling.co.uk

Services Offered:	Open ended or time-limited counselling; wide range of issues.
Qualifications:	Adoption Counselling; Supervision WPF Certificate in Counselling ; Diploma in Integrative Psychosynthesis Counselling; Diploma in Individual and Group Supervision; Registration for Adoption Counselling work
Memberships, Registrations etc.:	MBACP (Snr. Accred.). UKRC Registered Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	For Counselling - Individuals. For Supervision - Individuals or Groups
Theoretical Approach:	Integrative: my model combines person centred principles and attitudes, with a psychosynthesis perspective and psychodynamic understanding
<b>Fees:</b>	<b>£35-£40</b> Low cost initial consultation (Wheelchair access)

## DOUG RITCHIE-O'DELL

City Counselling Centre,  
320 Saxon Gate West, Central Milton Keynes, Buckinghamshire MK9 2ES

**Tel: 01582 511034**  
email: [therapia@btinternet.com](mailto:therapia@btinternet.com)

Services Offered: Long & Short-Term work, general counselling - face to face.  
Psychosexual therapy - paraphillia - sexual addiction - sexuality - gender identity.  
Relationship/couple work

Qualifications: Post Graduate Diploma - Psychosexual Therapy; Post Graduate  
Certificate - Forensic sexology; Diploma - Humanistic Therapy MBACP

Memberships, Registrations etc.: BASRT

Code(s) of Ethics & Practice: BACP, BASRT, UKCP

Clientele: Individuals, couples, and groups

Theoretical Approach: Humanistic/ Integrative

**Fees:** Individuals - £40. Couples - £50 per hour session. Group & Training by negotiation  
(Wheelchair access)

## BILL ROSSETER

Lower Way, Great Brickhill, Milton Keynes MK17 9AG

**Tel: 01525 261839**  
email: [brpsychotherapy@aol.com](mailto:brpsychotherapy@aol.com)  
website: [www.brpsychotherapy.co.uk](http://www.brpsychotherapy.co.uk)

Services Offered: Psychoanalytic psychotherapy

Qualifications: Psychoanalytic Psychotherapy Member of the FPC

Memberships, Registrations etc.: UKCP, UKRC, BACP

Code(s) of Ethics & Practice: UKCP

Clientele: Individuals

Theoretical Approach: Psychoanalytic

**Fees:** £45-£55

## SUE SAWYER (previously Wittering)

8 Evelyn Place, Bradville, Milton Keynes, MK13 7UG

**Tel: 01908 310444**  
email: [susan0210@aol.com](mailto:susan0210@aol.com)  
website: [mkcounsellor.co.uk](http://mkcounsellor.co.uk)

Services Offered: Relationship counselling, coaching, communication skills, conflict and change  
management

Qualifications: Relate Certificate in Couple Counselling  
Relate Certificate in Counselling young people

Memberships, Registrations etc.: MBACP

Code(s) of Ethics & Practice: BACP

Clientele: Individuals, couples, young people (12+)

Theoretical Approach: Psychodynamic, Person-Centred, Solution Focused

**Fees:** £35

## MARGARET STONE

Beacon Court, Furzton, Milton Keynes, MK4 1EU

Tel: 01908 524788

email: magcounselling@hotmail.com

Services Offered:	Supervision, Counselling, Stress Management
Qualifications:	Diploma Counselling Certificates in Cognitive Behaviour, Relaxaion Skills and Training, Stress Management, Diploma in Clinical Supervision
Memberships, Registrations etc.:	BACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Adults, Couples, Young People
Theoretical Approach:	Integrative
<b>Fees:</b>	<b>£25-£35</b>

## GAYLE STURROCK

Vicarage Road, Marsworth, Bucks HP23 4LT

Tel: 01296 660559

email: gaylesturrock@hotmail.com

Services Offered:	Counselling. Psychotherapy, Couples Counselling, Supervision, Group Therapy, Assertiveness training, Bereavement counselling, shopping addiction counselling, post natal depression counselling, anxiety and depression counselling, OCD solution and trauma work
Qualifications:	BSc Psychology (Hons); PG Diploma in Psychotherapy and Counselling; MA Diploma in Psychotherapy and Counselling
Memberships, Registrations etc.:	MBACP; UKCP (Accred); BPS (G member); UPCA
Code(s) of Ethics & Practice:	BACP; UKCP; UPCA
Clientele:	Groups, couples. One to one work; anxiety, OCD, postnatal depression, fertility issues, shopping addictions, phobias, work stress etc.
Theoretical Approach:	Integrative with solution focussed & CBT techniques
<b>Fees:</b>	<b>£35 reduced rate upwards</b> (Wheelchair access)

## KAREN TWYFORD

Clearview House, High Street, Stoke Goldington, Bucks. MK16 8NP

Tel: 01908 551331

email: katzwyford@yahoo.co.uk  
www.karentwyfordcounselling.co.uk

Services Offered:	General face to face counselling for individuals and couples, Supervision, Telephone counselling
Qualifications:	PG Dip Couns. (Uni. of Herts.) July 1998, Dip Couns. (Assoc. Exam Board ) July 1996, Relate Certificate Couple Counselling June 2005, Diploma in Individual and group supervision
Memberships, Registrations etc.:	MBACP (Sen. Accred.). UKRC Registered Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals and couples
Theoretical Approach:	Psychodynamic/Integrative
<b>Fees:</b>	<b>£25-£40 Individuals £30-£45 Couples</b> (Wheelchair access)

## JENNY WOMPHEY

London Road, Old Stratford, Milton Keynes MK19 6AE

**Tel/Fax: 01908 564736**

email: womphrey@talk21.com

Services Offered:	Short and long-term Counselling, Supervision, Training
Qualifications:	MA in Psychodynamic Counselling (Univ. of Herts), Cert. in Counselling Supervision (Univ. of Cambridge), Certificate in Group Psychotherapy (Univ. of Warwick)
Memberships, Registrations etc.:	BACP Senior Registered Counsellor; BACP Registered Supervisor (Groups & Individuals); UKRC Registered Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	Adults, Individuals
Theoretical Approach:	Integrative - core position psychodynamic with CBT
<b>Fees:</b>	<b>£35</b> Individuals <b>£45</b> Couples

## DIANE YOUNG

Wincanton Hill, Bletchley, Milton Keynes MK3 5LJ

**Tel: 01908 631412**

email: dianeyoung29@aol.com

Services Offered:	Individual/couple counselling, short or long-term counselling, Supervision, Relationship/couple work
Qualifications:	MA Counselling Studies (Notts. Univ), Diploma in Counselling (Notts. Univ.), Certificate in Supervision & Consultation (Maudsley & Bethlem Hospital Trust)
Memberships, Registrations etc.:	MBACP; CPPC
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals and couples
Theoretical Approach:	Integrative: including person-centred, cognitive and guided visualisation
<b>Fees:</b>	<b>£30</b> Individuals <b>£33</b> Couples, concessions by negotiation

## HERTFORDSHIRE AREA

### ELIZABETH HARVEY

Church Street, Shillington, Hitchin, Herts.SG5 3LJL

Tel/Fax: 01462 713674 Mobile: 07974 371 285

email: elizabeth@ehp.uk.com

website: www.ehp.uk.com

Services Offered:	Counselling and Psychotherapy, time-limited work
Qualifications:	Post-Graduate Diploma Psychotherapy and Counselling (Regents College, City Uni.) Certificates in CBT & EMDR BSc Health Studies, Registered Nurse.
Memberships, Registrations etc.:	MBACP (Accred.), UKRCP Registered Independent Counsellor, Society of Existential Analysis
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals and couples
Theoretical Approach:	Integrative (Existential, Person Centred, CBT)
<b>Fees:</b>	<b>£35.</b> Reduced rates for low income and students

### MADELEINE LEGG

High Street, Ashwell, Nr. Baldock, Herts SG7 5NP

Tel: 01462 743447 Fax: 01462 742385

email: m.legg@ashwellcounselling.co.uk

Services Offered:	Counselling: individuals and couples. Supervision
Qualifications:	Advanced Diploma Psychodynamic Counselling Post qualifying Certs in Supervision and Cognitive Behavioural Therapy
Memberships, Registrations etc.:	MBACP (Accred.); UKRCP Registered Independent Counsellor
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, Couples
Theoretical Approach:	Psychodynamic, Integrative. CBT - short term
<b>Fees:</b>	<b>£35</b> (Wheelchair access)

### CLAUDIO MOLINARIO

The Letchworth Podiatry Clinic, 17 Station Road, Letchworth, Herts SG6 3BB

Tel: 01462 674178

email: claudiomolinario@talktalk.net

Services Offered:	1:1 and groups, couple counselling, supervision
Qualifications:	Diploma in Therapeutic (Humanistic) Counselling
Memberships, Registrations etc.:	BACP
Code(s) of Ethics & Practice:	BACP
Clientele:	Individuals, groups, couples and professional counsellors requiring Supervision.
Theoretical Approach:	Existential/ Humanistic
<b>Fees:</b>	<b>£40</b> per session; couples <b>£45</b> per session ; groups on application (Wheelchair access)

## FENELLA MOWBRAY

Naturality, 42 Lower Kings Road, Berkhamsted, Herts HP4 2AA

**Tel: 07722 135202**

email: [fenella.mowbray@tiscali.co.uk](mailto:fenella.mowbray@tiscali.co.uk)

website: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

Services Offered:	Psychotherapy. Integrative Arts Psychotherapy
Qualifications:	3 year Cert. Counselling Studies. Diploma Integrative Arts Psychotherapy.
Memberships, Registrations etc.:	UKCP Registered
Code(s) of Ethics & Practice:	UKCP. IATE (Institute for Arts in Therapy & Education)
Clientele:	Adults
Theoretical Approach:	Integrative - humanistic and psychoanalytic
<b>Fees:</b>	<b>£40-£45</b>

## NORTHAMPTONSHIRE AREA

### **ROSHMI LOVATT**

**Tel: 07534 229626**

The Nightingale Clinic,  
12 The Square, Earls Barton, Northants NN6 0NA

email: roshmi.lovatt@btinternet.com  
www.roshmilovattpsychotherapy.co.uk

Services Offered: Psychotherapy, counselling - personal growth, low self esteem, loss, change, relationship problems, trauma, stress, identity, race & culture. Bengali and French spoken. Use of creative arts.

Qualifications: Diploma & MA Integrative Arts Psychotherapy

Memberships, Registrations etc.: UKCP Registered

Code(s) of Ethics & Practice: UKCP; IATE (Institute for Arts in Therapy & Education)

Clientele: Individuals, groups, couples, adults, children

Theoretical Approach: Integrative, Relational, Arts, long and short term

**Fees:** £40 negotiable depending on income

## ORGANISATIONS - BEDFORD

### BEDFORD COUNSELLING CENTRE

**Tel: 01234 346077**

CONTACT: JUNE GRIMES

email: [june@bedfordcounselling.co.uk](mailto:june@bedfordcounselling.co.uk)

Bates House, 12 Foster Hill Road, Bedford, MK40 2EN

website: [www.bedfordcounselling.co.uk](http://www.bedfordcounselling.co.uk)

**Services Offered:** Individual open-ended and time-limited counselling. Counselling contracts offered for businesses and N.H.S.

**Qualifications:** Training up to Advanced Diploma in Psychodynamic Counselling

**Code(s) of Ethics & Practice:** BACP; WPF

**Clientele:** Adults 18+

**Fees:** From **£15-£41** (reduced rates for those on low incomes) (Wheelchair access)

## ORGANISATIONS - BIGGLESWADE

### DUNTON CENTRE FOR COUNSELLING & PSYCHOTHERAPY

**Tel: 01767 601259**

13 Church Street, Dunton, Nr. Biggleswade, Beds SG18 8RR

email: [info@duntoncentre.co.uk](mailto:info@duntoncentre.co.uk)

website: [www.duntoncentre.co.uk](http://www.duntoncentre.co.uk)

**Services Offered:** Long and Short-term psychotherapy & counselling; Supervision; Groupwork; Training; Workshops

**Qualifications:** Experienced therapists all qualified to Diploma level or beyond and UKCP or BACP accredited or working towards such accreditation.

**Code(s) of Ethics & Practice:** BACP, UKCP, BAAT

**Clientele:** Individuals, Couples, Parents & Children, Individual & Group Supervision

**Theoretical Approach:** Range of approaches including Psychodynamic, Person-centred, Gestalt, Psychosynthesis, CBT, Integrative, Art Therapy, Solution-focused

**Fees:** On application (Wheelchair access by arrangement)

## ORGANISATIONS - LUTON

### LEA VALE MEDICAL GROUP

**Tel: 01582 456677**

Liverpool Road Health Centre,

email: [caroline.dawson@gp-e81032.nhs.uk](mailto:caroline.dawson@gp-e81032.nhs.uk)

9 Mersey Place, Liverpool road, Luton, LU11HH

website: [www.leavale.co.uk](http://www.leavale.co.uk)

**Services offered:** Couples and individual counselling for anxiety, bereavement, depression, stress and trauma, coping with injury/illness and relationship issues

**Qualifications:** All Counsellors BACP accredited

**Code(s) of Ethics & Practice:** BACP

**Clientele:** Individuals over 16 of age and couples

**Fees:** **£35** for individuals **£45** couples

## ORGANISATIONS - MILTON KEYNES

### MILTON KEYNES MIND COUNSELLING AT FARTHING HOUSE

**Tel: 01908 667055**

CONTACT: MRS PAT FORD

mail: farthinghouse@mkmind.org.uk

74 Farthing Grove, Netherfield, Milton Keynes, Bucks, MK6 4HH

**Services Offered:** General counselling. All aspects of abuse. Anger Management. Stress Management. Loss & Relationship. Assertiveness courses

**Qualifications:** All Diploma qualified 50% BACP Accredited or equivalent

**Code(s) of Ethics & Practice:** City Counselling Centre is a BACP Accredited Organisation

**Clientele:** Men, Women and Children in Milton Keynes

**Theoretical Approach:** Mixed

**Fees:** Varied according to the particular service (Wheelchair access)

## ALPHABETICAL LISTING

NAME	DIRECTORY AREA	PAGE(S)
Abbott, Sandra .....	Bedford .....	5
Barlow, Sanchia .....	Harrold .....	5
Buckroyd, Julia .....	Willington .....	5
Charteris, Brad .....	Amphill .....	3
Cull, Sharon .....	Milton Keynes .....	12
Dobbin, Gloria .....	Milton Keynes .....	12
Farthing, Linda .....	Milton Keynes .....	12
Ford, Pat .....	Linslade .....	11 & 13
Greaves, Patty .....	Milton Keynes .....	13
Fensome, Margaret.....	Greenfield .....	3
Hannah, Chris .....	Bedford .....	6
Harding, Jean .....	Stony Stratford .....	13
Harvey, Elizabeth .....	Shillington .....	9 & 19
Haslam, Jane .....	Bedford .....	6
Henden, Chris .....	Luton .....	11
Head, Karen .....	Leighton Buzzard .....	11
Heron, Jenny.....	Bedford .....	6
Holt, Vivien.....	Pavenham .....	7
Hurn, Russell .....	Maulden .....	3
Knowles, Debbie .....	Sandy .....	9
Kamble, Smita .....	Milton Keynes .....	14
Lauder, Sheelagh .....	Milton Keynes .....	14
Lee, Katherine .....	Dunton .....	9
Legg, Madeleine .....	Ashwell .....	9 & 19
Lovatt, Roshmi .....	Stony Stratford & Earls Barton .....	14 & 21
Lyden, Rosie.....	Biggleswade .....	10
McIlroy, Lesley .....	Olney .....	15
Molinario, Claudio .....	Letchworth .....	19
Monks, David .....	Bedford .....	7
Mowbray, Fenella .....	Berkhamstead .....	20
Penny, John .....	Milton Keynes .....	15
Pugh, Irene .....	Milton Keynes .....	15
Richardson, Miriam .....	Bedford .....	7
Ritchie-O'Dell, Doug.....	Milton Keynes .....	16
Rosseter, Bill .....	Milton Keynes .....	16
Salmasi, Francesca .....	Wootton .....	8
Sawyer, Sue .....	Milton Keynes .....	16
Selby, Deanna.....	Bedford .....	8
Stone, Margaret .....	Milton Keynes .....	17
Sturrock, Gayle .....	Marsworth, Bucks. ....	17
Twyford, Karen .....	Stoke goldington & Stony Stratford .....	17
Waker, Petra .....	Northill .....	10
Ward, David .....	Bedford .....	8
Whiteley, Rose.....	Amphill .....	4
Womphrey, Jenny .....	Milton Keynes .....	18
Young, Diane.....	Bletchley .....	18

## ABBREVIATIONS

AFT	Association of Family Therapists
BAAT	British Association of Art Therapists
BACP	The British Association for Counselling & Psychotherapy
BASRT	British Association of Sexual Relationship Therapists
BCP	British Psychoanalytic Council
BPS	British Psychological Society
CAPB	Chiron Association of Body Psychotherapists
CBT	Cognitive Behavioural Therapy
CIPC	?????????
EFT	Emotional Freedom Techniques
FIP	Forum for Independent Psychotherapists
FPC	Foundation for Psychotherapy and Counselling
GHR	General Hypnotherapy Register
HG	Human Givens
IATE	Institute for Art in Therapy and Education
LCP	London Centre for Psychotherapy Accreditation
NLP	Neuro Linguistic Programming
REBT	Rational Emotive Behaviour Therapy
SEA	Society of Existential Analysis
TFT	Thought Field Therapy
UKCHO	The United Kingdom Council for Hypnotherapy
UKCP	The United Kingdom Council for Psychotherapy
UKRCP	The United Kingdom Register for Counsellors and Psychotherapists
UPCA	Universities Psychotherapy and Counselling Association
WPF	Westminster Pastoral Foundation