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# Help2Talk

Counselling  
&  
Psychotherapy

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**Help2Talk** is an independent counselling and psychotherapy practice based in St Albans, Hertfordshire. I offer therapy for individuals and for couples. I also provide group seminars and workshops.

### Individual Therapy

Individual Counselling and Psychotherapy offers you the unique opportunity to be heard without judgement. People seek help to manage an emotional crisis or long standing difficulty such as:

- Feeling overwhelmed
- Feeling anxious or stressed
- Depression
- Having panic attacks
- Feeling you have no direction or purpose in your life
- Needing clarity in thinking
- Emotional abuse
- Trying to deal with abuse or trauma in the past or present
- Sexual difficulties
- Loss of self esteem and motivation
- Chronic fatigue

The aim is to assist you in exploring and resolving problems or difficulties you are experiencing, clarify conflict and help discover alternative ways of managing your situation so you can make helpful decisions or choices.

Essentially helping you help yourself.

I am experienced in working with clients from differing backgrounds and with wide-ranging life histories. I am not going to be shocked or judgmental about what is happening in your life and how you are coping.

### Couple Therapy

Each individual brings unique expectations, dreams, personality, patterns of behavior and ways of relating to the relationship. Therapeutic intervention can help to untangle conflicts and support the restructuring of the partnership.

### Seminars and Workshops

Help2Talk have a series of seminars and workshops. You can attend one or as many as you wish. Each seminar and workshop takes 2 hours and is on a variety of topics such as:

- Anxiety
- Rage
- Low mood
- Find your purpose in life
- Unexplained fatigue
- Relaxation using guided imagery

These take place in St Albans usually 10am to 12pm. For prices please visit [www.help2talk.com](http://www.help2talk.com).

Further Seminars can be arranged for businesses, organizations or for education.

For more information, please visit the **Frequently Asked Questions** on [www.help2talk.com](http://www.help2talk.com)



### Christine Gault

**MSc. Pg Dip. Counselling, Cert.Ed, Dip PLR.**

Member of the British Association for Counselling and Psychotherapy (BACP). Registered Hypnotherapist within the General Hypnotherapy Register (GHR).

I am professional counsellor and psychotherapist, with more than 30 years experience within Healthcare, with a background in nursing and lecturing for the healthcare professions in Higher Education.

I follow the code of Ethical Framework for Good Practice in Counselling and Psychotherapy. For further details, visit [www.BACP.co.uk](http://www.BACP.co.uk).

### Fees

#### Counselling and Psychotherapy

Please visit [www.help2talk.com](http://www.help2talk.com) for more details about fees.

Payment by cash, cheque or credit card (via PayPal)

### Hours

Monday to Friday - 9:30am to 2:30pm  
Evening - 5:00pm to 9:00pm  
Saturday and Sunday - Closed

Sessions may be arranged for outside these times, if urgently required.