

# Chester Wellness Centre

## Counselling and Psychotherapy

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

### ANITA LOUISE RUSHTON

At Anita Louise Rushton & Associates we offer a wide range of Counselling and Psychotherapy services to clients in the Chester area – Anita and her colleagues are all fully qualified and insured.

The main purpose of therapy is to aid and support each individual during the process helping you to explore your feelings, thoughts and issues in total confidence.

At Anita Louise Rushton we believe your mental health is as vital as your physical well being.

### WHEN IS IT RIGHT TO CONSIDER COUNSELLING?

When you choose to consult the team at Anita Louise Rushton's practice, a fully qualified specialist Counsellor or Psychotherapist will help to deter situations from deteriorating further and enable you to function fully once again. May we reassure you that all our Chester area clients will be treated and respected as unique individuals within a secure, confidential and relaxed environment.

Therapy can be extremely beneficial for those who find it difficult to express their feelings, thoughts and emotions to friends or family.

### WHAT WILL I EXPERIENCE?

Each individual's experience will be different but with the use of counselling and psychotherapy and in a controlled and safe environment you can quickly connect with your feelings, thoughts and issues. Some of these feelings may include:

- Denial
- Anxiety
- Panic
- Anger or rage
- Sadness and numbness
- Helplessness
- Loneliness
- Guilt and regret
- Disturbed sleep pattern
- Social withdrawal
- Depression
- Stress

Anita and her fully qualified colleagues specialise in the following fields of expertise:

Person-Centred Counselling, Gestalt, Psychodynamic Psychotherapy, Art Therapy, CBT, Psychology and Telephone Counselling.

They work with clients who may experience:

- Relationship difficulties – couples or individuals
- Trauma
- Bereavement and loss
- Violence
- Abuse
- Addictive behaviour – drugs, alcohol etc
- Panic attacks
- Self harm
- Self-esteem issues
- Family breakdown – separation
- Stress
- Depression and anxiety
- Living with illness
- Sexual development – orientation and identity issues
- Employment issues – harassment, redundancy
- Psychosexual issues

Consultation fee £48.00 per session

Consultation fees at the Chester Wellness Centre are fully inclusive and subject to change.

CHESTER WELLNESS CENTRE: NEAR CHESTER BUSINESS PARK, WREXHAM ROAD, CHESTER CH4 9DE

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