

# VIV LINCOLN

## Psychotherapeutic Counsellor

BSc Hons; Reg MBACP; UKCP registered



For when you need to be actively heard

### How counselling may help

Do you ever feel in need of some extra emotional support?

Are you facing difficulties, or perhaps feeling anxious, stressed or depressed?

The process of being truly heard and accepted in a relaxed, safe setting may help in dealing with a range of emotional problems. It may also help in promoting an improved sense of wellbeing.

Different people will get different results from their therapy experience. Recent studies from the International Centre for Clinical Excellence showed that 80% of clients in Counselling and Therapy ended up feeling better than those who didn't seek help.

### Areas of Experience

- Stress
- Anxiety
- Depression
- Self -Esteem and Confidence Issues
- Bereavement and Loss
- Traumatic Life Events
- Obsessional Behaviour and Thinking Patterns

### Working together

We will work together as appropriate to reflect your unique experiences, which may include looking at

- thinking and behaviour patterns
- early developmental experiences
- ways of relating with others and self
- being more mindful and aware of the present

Each session will last sixty minutes and my fee is £35 per session. Concessions may be available at certain times of the week.

I also work with couples for which my fee is £55 for a sixty minute session.

*To discuss if counselling may be of interest to you, and to book an initial assessment please call or email to arrange an appointment.*

**Tel: 07810 504129**

Please leave a message if I am unable to take your call immediately, and I will get back to you as soon as I can.

**Email: [viv.lincoln@yahoo.co.uk](mailto:viv.lincoln@yahoo.co.uk)**

Simply send a brief message with a contact number and a guide as to when it may be convenient to call, and I will aim to get back to you within 24 hours.



**UKCP**  
UK Council for Psychotherapy



professional  
standards  
authority  
accredited register



**mind**  
Norwich & Central Norfolk  
Credentialed

I am a qualified and professionally registered Counsellor in Integrative Psychotherapy.

I provide counselling in relaxed, safe settings, both in the city centre and on the outskirts. I offer both short and long term therapy, depending on individual client needs.