

Pauline Crane Counselling

I am an experienced counsellor, and I have a Masters Degree in Counselling. My counselling skills have been developed through private practice, working as a volunteer counsellor with survivors of sexual and domestic violence and with university students.

Some of the issues people bring to their counselling sessions include:

Relationship difficulties

Feelings of anxiety or depression

Abuse – emotional, physical or sexual

Bereavement

Loss

Stress in the workplace

Rejection

Suicidal thoughts

The relationship we build as counsellor and client is the foundation of our work together. Over time, we will make sense of your current difficulties. Discovering your inner strengths and resources will enable you to gain a better understanding of those aspects of your life which are affecting you.



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I offer a confidential counselling service in a safe and caring environment 5 miles South of Norwich. I will work alongside you at your pace, as you explore and gain insight into the issues which are affecting you.

My charges are £30 per one hour session*

To contact me, please telephone or text: **07968481359**

Alternatively email - pauline.crane@btinternet.com

*To cover additional administration costs, external organisations referring staff or clients will be charged £35 per hour.

