

Steve Barker Counselling, Psychotherapy & Hypnotherapy

Steve Barker

Counselling and Psychotherapy in Bournemouth,
Poole & Christchurch

Pelhams House
Milhams Road
Kinson, Bournemouth BH10 7LH
United Kingdom

Phone: 07979 770376
Fax: 07979 770376

Counselling & Psychotherapy in Bournemouth, Poole & Christchurch with experienced Integrative Counsellor and Therapist Steve Barker. Drawing on a range of highly-effective, clinically-proven approaches to help get your life back on track

fastWelcome

Do you sometimes feel your life is not exactly going where you want it to?
Are there times when you feel tired, stressed, anxious or even depressed?
Are you looking for professional, effective counselling to help you understand your life, regain control and be happy & whole again?

I'm Steve Barker - and as your Integrative Counsellor, Psychotherapist and

Hypnotherapist I am uniquely placed to deliver effective, lasting solutions to get you back on track fast - living the life you really want.

I'm within easy reach of Bournemouth, Poole, Christchurch & Wimborne, and offer confidential online counselling & therapy via Skype or telephone to clients

worldwide. Contact me now to arrange your FREE 15-minute initial consultation and feel better today

Unlike most Counsellors and Psychotherapists, I also draw on a range of highly-effective, clinically-proven approaches such as Cognitive Behavioural Therapy (CBT) and Neuro-Linguistic Programming (NLP) so we can get your life back on track fast.

If you live in Bournemouth, Poole, Wimborne or Ferndown we can easily work together in person. If you live further away, or if you would prefer, we can work together over the 'phone or via online therapy through Skype, Zoom or video

messenger services

Many of us go through times when we just need that extra help to get us through.

Sometimes life throws us new challenges that we struggle with, or sometimes

things from the past affect our happiness and well-being today.

Many of us suffer for years with abuse, phobias, stress, anxiety or heartache. The

loss of a loved one, divorce or the breakup of a relationship. Some of us suffer

seemingly irrational panic attacks or develop self-sabotaging patterns of behaviour.

Others have to contend with chronic pain, serious illness or live with unhealthy, life-

threatening habits like smoking, alcoholism or drug addiction.

Before we know it we become tired, feel the effects of stress and anxiety and many

leave it almost too late to do something.

In coming here, you have taken the first step toward taking control of your life and

together we can make you feel better - fast.

Counselling
My counselling clients take great comfort in sharing their concerns in a safe,

confidential and non-judgemental space. As your skilled and compassionate

Counsellor I help you fully explore your thoughts and feelings so you can gain

perspective, understanding and comfort. Just talking about it all will help, and if the

matter is too difficult to talk about directly I can work with you context-

free.

Psychotherapy
Some clients seek a deeper insight of their thought processes - or those of others

they have to deal with. Psychotherapy and Cognitive Behavioural Therapy (CBT) are

excellent tools to help us realise why we respond in certain ways and give us

strategies to cope and manage our lives more effectively.

Hypnotherapy
Increasingly, many clients seek more rapid and dynamic approaches to turn their

lives around.

Hypnotherapy, Neuro-Linguistic Programming (NLP) and Mindscaping deliver more

immediate results to transform lives dramatically and permanently.

Bournemouth Practice

By prior appointment Monday to Saturday within beautiful Pelhams House, Kinson,

Bournemouth. Plenty of free parking and easily accessible from Bournemouth,

Poole, Christchurch and Wimborne.

Online & Telephone Practice
Counselling and Psychotherapy by appointment via telephone.

Mindscaping via Skype, Zoom or video messaging

Contact me now for your FREE 15-minute initial consultation. I am experienced in

helping clients who have experienced difficulties with :

Stress

Anxiety

Panic attacks

Phobias
Abuse
Bullying
Depression
Serious illness
Suicidal thoughts
Lack of confidence
Bereavement
Addiction
Difficult people
Redundancy
Low self-esteem
Anger management
Relationship Issues
Affairs & Betrayals
Separation & Divorce
Family Issues

Childhood issues If you have been diagnosed with or suspect you have the following

conditions I can help you manage:

Emotionally Unstable/Borderline Personality Disorder (EUPD/BPD)

Post Traumatic Stress Disorder (PTSD)

Obsessive Compulsive Disorder (OCD)

Generalised Anxiety Disorder (GAD)

Seasonal Affective Disorder (SAD)

Panic Disorder

Postnatal Depression

Bipolar Disorder/Manic Depression

Eating Disorders My practice is conveniently located within beautiful Pelhams House,

Kinson (plenty of free parking) or I can work with you via telephone or

Skype/messenger. COUNSELLING & PSYCHOTHERAPY

Many of us go through times when we need a little extra help. In coming here, you

are taking the first step toward getting your life back on track. So congratulate

yourself, and please: keep the momentum going. Counselling is a great first step for

many people as it gives them a safe space to explore their feelings and experiences

in a non-judgemental setting.

As your skilled and experienced Counsellor I can help you explore your feelings and

experiences - and this alone will be of great value and comfort. Psychotherapy gives

a greater insight into our thought processes - or those of others we have to deal

with - and allows us to develop strategies to change how we respond in certain

situations.

The person-centred, humanistic psychotherapy I practice will help you understand

your thought processes and take control of your life. Counselling and Psychotherapy

are talk therapies. Although best practiced person-to-person, I can easily work with

you over the phone or via Skype.

Because I am an Integrative Therapist I use techniques from other disciplines to enhance your experience and can work with you in a context-free environment if talking about specific events is difficult for you.

HYPNOTHERAPY

Counselling & psychotherapy help us understand how we feel and why we react in certain ways, but the underlying principle behind all our responses and behaviours is our unconscious mind.

Our unconscious mind is our autopilot; it regulates all the functions of our body and

- to a great extent - how we respond to events from our past, present and future.

Advanced methodologies such as Hypnotherapy, Neuro-Linguistic Programming,

and Mindscaping are the express highway to the unconscious mind and allow us to

make rapid and permanent changes to turn your life around fast. Mindscaping

Mindscaping is an amazing and highly effective methodology developed by my

mentor and world-famous hypnosis trainer Mike Mandel of Toronto, Canada.

Mindscaping draws on the underlying principles of Neuro-Linguistic Programming

& Timeline Therapy. It enables clients to create their own metaphors to discover

optimal solutions to unhelpful habits, phobias, anxiety, depression and many other problems.

Because Mindscaping accesses the unconscious mind it is highly effective with pain

management, weight management, addiction, trauma & PTSD.

This revolutionary methodology can be used as a stand-alone therapy or alongside

counselling or other therapies. But because Mindscaping is NOT hypnosis it can be

used effectively over Skype or video messenger. Fees

Helping you get your life back won't cost you the earth; my fees start from just £45

Many people suffer for years and will never get that time back - what value do you

place on your own time and happiness?

Many more will indulge themselves in expensive habits or compulsive spending.

Some people will put off applying for that job, finding that partner or saving their

relationship. Remember: Doing nothing is a conscious decision that will only ever

cost you more in the end

This is about the happiness and well-being of you and those you love. Just imagine

for a moment: how much better your life will be when you are finally free and

happy? Contact me now to arrange your FREE 15-minute initial consultation:

The optimal number of sessions for you will depend on the nature of your issues and

the methodologies we can use. The following is intended as a guide only; I always

~~tailor a course to an individual client as we are all different.~~

I aim to get most clients back on track within about 5 sessions - typically with a follow-up session a few months later. Counselling, talk-therapy and Life Coaching tend to require more sessions to effect lasting changes. Hypnotherapy, Timeline Therapy and Mindscaping generally require fewer sessions. Whilst I have cleared depression, anxiety, phobias, panic attacks, helped people stop smoking and even overcome Post-Traumatic Stress Disorder in just one session I'd recommend a course of sessions to ensure the changes we make together are permanent.

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