

Large Plain Text PDF Format

# **NE1 Counselling**

## **About Us**

Effective **06/11/2023**

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**Contact NE1 Counselling**  
[contact@ne1counselling.com](mailto:contact@ne1counselling.com)

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**Professional counselling  
services, based in Newcastle.**

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based in Newcastle.

We, Louise and Marilyn, are co-  
founders of NE1 Counselling.

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## About Us (Continued)

Our ethos is that we want to support anyone who wishes to access counselling, when they need it, within the NE1 community and beyond. To allow for greater accessibility, we can offer face-to-face sessions in our city centre counselling space as well as online and telephone sessions. We strongly believe that a lack of financial means should not be a barrier to accessing counselling.

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## **NE1 Counselling**

- Accredited Members of NCPS
- Full Professional Indemnity Insurance
- DBS Certificate Holders

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## **Areas of Expertise**

Anger

Anxiety

Attachment Issues

Baby & Pregnancy Loss

including miscarriage, stillbirth, termination for medical reasons, abortion and neonatal death.

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## **Areas of Expertise**

Depression

Domestic Violence

Inner Child Work

Life Transitions

Loss

Motivation

Relationships & Family Conflicts

Religious Crises

Self-Defeating Behaviours

Self Esteem

Sexual Abuse & Assault

Trauma

Unresolved Childhood Issues

Work-Related Stress

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## Frequently Asked Questions

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How long is a session?

- Our sessions generally last 50 minutes, however different timings can be discussed on an individual basis.

What is a social enterprise?

- Social enterprises are a growing force for good. They provide a real social and environmental impact. Profits are used to transform lives and communities across the north east.

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## Frequently Asked Questions

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How many sessions do I need?

- This differs from person to person. Generally, we would start with six sessions and will carry out a review after your sixth session. There is no limit to the number of counselling sessions you can receive. These decisions will be made mutually.

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## Frequently Asked Questions

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What is the pluralistic approach?

- Each client is unique and therefore may need different things from counselling. Working with a pluralistic approach allows us to use different approaches and tools to best suit the individual. Pluralistic counselling allows counsellors and clients to work together to find the best way to address clients' concerns.

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## Frequently Asked Questions

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Do I get to meet my counsellor before the first session?

- Yes. We offer a free, 15 minute consultation online or by telephone. This allows you, the client, to discuss areas you wish to focus on in counselling. As the relationship between client and counsellor is fundamental, this initial consultation helps both parties to see whether they can work together going forward.



# **Book An Appointment**

Email NE1 Counselling  
**[contact@ne1counselling.com](mailto:contact@ne1counselling.com)**