

# Suzy Caffrey-Parandian

## Helping you achieve Life Balance

Psychological, Emotional, Physical, Spiritual Wellbeing

## For your Peace of Mind

I am a member of the British Association for Counselling and Psychotherapy and adhere to the B.A.C.P. Ethical Framework for Good Practice in Counselling and Psychotherapy.

I am also a member of the British Psychological Society and the British Association of Social Workers and as such am also bound by their Ethical Codes.

The counselling relationship is confidential and my work is supervised in accordance with B.A.C.P. guidelines.

I hold Professional Indemnity Insurance

## Values

- I will work in complete confidentiality according to the BACP Framework.
- I will respect you and work at your pace
- I will work with you in a non judgemental and accepting manner.
- I will offer a non-discriminatory and ethical service.

## CLIENT ISSUES

- Abuse
- Anxiety
- Bereavement
- Depression
- Eating Disorders
- Illness
- Low Self Esteem & Confidence
- Panic Attacks
- Relationship problems
- Stress
- Work related issues

## CONTACT

### Suzy Caffrey-Parandian

BSc (Hons) Psychology MBPS,  
H.E Dip. SW MBASW, H.E Dip. Counselling MBACP  
Dip. Personal Performance Coaching.  
Certified Practitioner in Neurolinguistic-Programming

To make an appointment please contact me

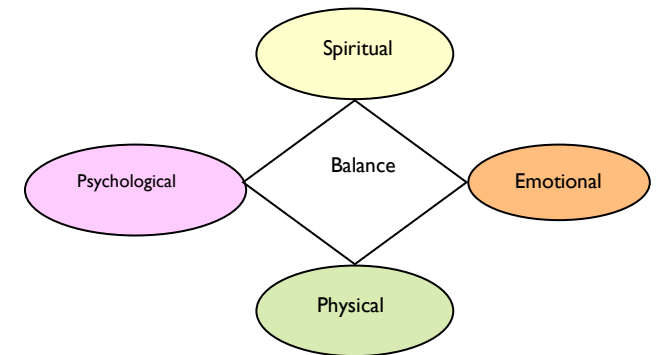
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# Suzy Caffrey-Parandian

## Counselling Service

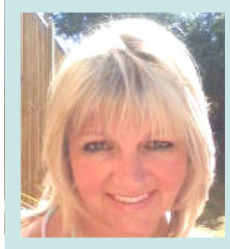
### Person-Centred Experiential Psychotherapy



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### About me



Before starting my family nearly 18 years ago, I worked in London as a P.A in various blue chip companies..

After my daughter was born I retrained as a Montessori Nursery Teacher, Then after my degree in Psychology at University College London, I completed my training as a Social Worker. Currently, I work as an Independent Social Worker in Care and Protection. I also work part time as a Counsellor at Wycombe Counselling Service.

My expertise is in working with individuals, children and families during times of difficulty and crisis.

I am a qualified therapist and hold a Diploma of Higher Education in Counselling. My training includes Experiential Focusing and Play Therapy.

I have continued my professional development and trained as a certified Neuro-Linguistic Programmer with the founder of NLP Dr Richard Bandler and Paul McKenna. I also have qualifications in Personal Performance Coaching, Reiki Healing and Emotional Freedom Therapy. If you are interested in these services please request further information.

### How can Counselling Help?

Almost all people at some time in their lives have periods when life can seem overwhelming. When we are in emotional distress we are less able to tolerate these painful feelings and often longstanding emotional issues are triggered. At these times talking with friends and family is helpful but the people closest to us are not always in the best position to help.

Your distress may be related to a current issue or a longstanding one and be very difficult to discuss with those closest to you.

I offer completely confidential counselling, allowing you the freedom to talk, at your pace, openly and honestly, without judgement.

My work is Person-Centred, Experiential, Creative and Non-Directive. I offer a warm and caring approach to help you accept and develop your inner resources to deal with whatever it is that is troubling you.

I look forward to sharing laughter and tears on

Initially I offer a free half hour consultation during which time we can talk about what is involved in counselling and how it may help you. If you wish to proceed we can discuss your needs as to the length and frequency of your sessions and together decide what is best for you, this could include telephone or home counselling if that was most suitable for you.

The sessions are completely confidential allowing you the opportunity to discuss any issue. Sessions last for 50 minutes.

### Location

I practice from my home in Chalfont St. Peter, the sessions take place in my conservatory which is completely private with easy access. There is on street parking with no meters.

### Fees are £35 per session

My belief is that everyone should have the opportunity to benefit from therapy. Together we will find a solution that meets your needs.

If you are unable to attend an appointment please let me know at least 24 hours in advance otherwise the fee may be payable.