

# TA Therapy



I moved from Cumbria and settled in Central Scotland in 2000 where I now live with my partner and one of my two children (my eldest has flown the nest).

My background is in the field of mental health and addiction. Initially I trained in counselling people who had drug and alcohol problems, with a speciality in/on women and alcohol. In this work I learned a great deal about addictions of all kinds including work, food, and gambling amongst others.

I have worked with several voluntary organisations from sexual health projects to projects working with people affected by sexual abuse.

I have been counselling for over 15 years and in 2002 I decided to start training in psychotherapy.



I came to counselling and psychotherapy not to change anything but to understand. This understanding has enabled me to then go on and commit myself more readily to change and it has enabled me to create more productive ways of being in my life that are helpful to myself and those people I love and care about.

I provide counselling and psychotherapy for individuals, couples and groups. I am a member of the Institute of Transactional Analysis (UK) <http://www.ita.org.uk/> ,



I have a training contract with the European Association of Transactional Analysis. My practice is supervised according to the ITA code of ethics and I attend regular personal therapy, training and development.

Counselling and psychotherapy mean different things to different people so I don't want to pre-empt your questions, however I do want to be able to facilitate you entering into a therapeutic relationship with me and to make it as easy as possible. So here goes: this may answer some of your questions, if not then please call or email me with your own questions.

People come to psychotherapy and counselling for a whole host of issues. Here is a short list of just a few of the issues people have spoken to me about and have resolved in our work together:

- Relationship difficulties
- A general feeling of not living their life as fully as they would wish
- Stress at home and/or at work
- Feeling overwhelmed
- Low self esteem
- A feeling of being in a repetitive pattern or being stuck and unable to do anything to effect change.
- Trauma and abuse
- Unresolved childhood issues.

Psychotherapy and Counselling can be exciting and scary; it can be a joy and it can be painful. My job is to help you through your process and to offer you a safe, comfortable space in which you can deal with your problems.

The first session with me will be free and last half an hour, if you decide to go on working with me the session will last an hour and I will charge you £20.00

Each subsequent session after the first one will be charged at £40.00. A session usually lasts between 50 minutes and an hour.

Call me to make an initial appointment, my numbers are 01324 410748 or 07903061489 or email me at [debra@tatherapy.com](mailto:debra@tatherapy.com)



**TA Therapy  
Ibex  
93 Grahams Road  
Falkirk  
FK2 7DD**

**Tel: 01324 410748  
Mobile: 0790 3061489**

**debra@tatherapy.com  
www.tatherapy.com**

