

Prydale

PARTNERS

Andrew Pearce



**UKCP Registered
Psychotherapist & Supervisor**

Andrew worked for M&S for 15 years in a range of roles in the UK and Irish Republic, latterly in the area of management development for the top 50 managers in the Northeast, often in a coaching capacity. Prior to that he was a Commissioned Officer in the Royal Navy.

With his broad spectrum of professional expertise and understanding, he works in a wide variety of areas, particularly with individuals.

He has been interviewed on local & national radio and television on the subject of Life Balance and spoken at Oxford University about teamwork.

Andrew also runs tailored company courses and workshops. His aim is to increase choice for individuals and teams who want the freedom to be who they **really** are.

He lives & works at a smallholding on top of the North Pennines with his wife, 4 children and numerous animals beyond the back of beyond & just this side of chaos!



Why Therapy?

People seek help both to resolve emotional difficulties and to positively help lead richer and deeper lives. Therapy can improve mental state and develop a sense of wellbeing.

There are many areas of personal difficulties including:

- ❑ Depression
- ❑ Loss/Bereavement
- ❑ Eating disorders
- ❑ Relationship problems
- ❑ Sexuality/sexual issues
- ❑ Anxiety
- ❑ Suicidal thoughts
- ❑ Childhood trauma
- ❑ Panic attacks
- ❑ Phobias
- ❑ Cultural Identity
- ❑ Self-esteem
- ❑ Meaninglessness/futility of life
- ❑ Obsessive Compulsive Disorder
- ❑ Crisis management
- ❑ Leaning too heavily on supports such as alcohol & drugs

Some people simply know there is something not right. They may believe their difficulties are mainly physical in origin, or that the problem lies outside them. Therapy isn't the universal answer to all problems, but there are various ways in which it empowers individuals to change their life experience. My point of view is that mind and body are interconnected and that addressing the underlying cause of the symptom is the key to resolving the presenting problem.

Therapy works towards the clarifying of situations and facilitating you towards finding your own solutions, by supporting you through giving undivided attention to your personal situation. It also works by enlarging a person's own access to fuller personal resources. It does this by means of more specialised and in-depth interventions. Both enable and strengthen greater positive personal development.

What will we do together and how will we work?

Most people have at least an hour's journey through beautiful scenery to get here. Consequently appointments are usually 2 hours long and usually about 2 weeks apart. This can vary depending on the individual &

nature of the presenting issue. Most issues are resolved after 10-16 hours of therapy although sometimes longer is needed.

Approximately 3 months after therapy is complete we meet again to review progress and ensure your change is permanent.

Some people & issues respond well to a more intensive approach. It may also be impractical visit fortnightly. For this reason we also offer residential therapy. For example, arriving on a Sunday night & leaving on Thursday morning allows 3 full days to work at your own pace. You can stay full board in our holiday cottage (details on Accommodation page of web site) and enjoy the peace & quiet of the countryside between sessions. A review meeting is also necessary with this approach.

For more information please read the theory & philosophy page or contact us.

Why choose me?

Andrew Pearce is a Certified Trainer of NLP, Clinical Supervisor and a UKCP Registered Psychotherapist with over 10 years experience.

Andrew is an HR specialist & trainer. He also works as a personal and professional development coach.



"Andrew offers a delightful combination of integrity & humour, honesty & compassion, as well as a dedicated approach to offering choice in peoples lives."

(Dr. Susi Strang M.R.C.G.P.)

What next?

If you have decided that therapy is for you then contact us either by phone or email. Before making any commitment we will have a complementary conversation on the phone. The purpose of the conversation is for you & I to decide whether we can work together & that it is appropriate to proceed.

If the time is not right for you yet and you would like to have an informal conversation with no obligation, please feel free to contact us.

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