

My name is Shauna Hope and I have developed Bristol Counselling Outdoors, for adults and young people (16+) who feel talking in a natural space could be helpful. I use private woodland in Abbots Leigh.



I have over 17 years diverse experience of offering counselling and supervision in many different settings.

My counselling approach is underpinned by person-centred values of empathy, acceptance and authenticity. I draw on mindfulness and the traditional philosophy behind it. I also enjoy working creatively.

I have specialist training and experience in working with:

- Loss and bereavement
- Work related stress
- Perfectionism and self-criticism
- Bullying, discrimination and harassment.
- Change and uncertainty

I have lots of experience working with:

- Depression and low mood
- Stress and anxiety
- Confidence and self-worth
- Relationship issues



I appreciate that finding the right counsellor can feel scary.

You may be concerned that I won't understand you because of my ethnicity/gender/age/class etc and you may have experienced unhelpful responses in the past when looking for support. I remain open to hearing what is important to you and I won't make assumptions.

You may feel you need a one off session or a series of counselling sessions. You may feel you need longer term counselling. We can discuss this in your first appointment.

**For more information please email:**

**[bristolcounsellingoutdoors@gmail.com](mailto:bristolcounsellingoutdoors@gmail.com)**



Fees: 15 min initial phone call – free, first appointment (via Zoom or phone) £30, Regular Counselling sessions £45, One off Counselling sessions £55, Counselling and Consultative Supervision £50. All paid sessions last an hour.

PG Diploma Counselling at work, Cert Counselling Supervision, BSc (Hons)

As an accredited member of the British Association of Counselling and Psychotherapy, I am bound by their Ethical Framework and subject to the Professional Conduct Procedure.