

## What To Expect

Counsellors will encourage individuals to explore possible roots to their problems as well as help the individual to find potential solutions including any resources available to them to assist change.

Counsellors are non-judgemental, and will not impose solutions but rather respect the autonomy of every individual.

## Feedback From Clients

“He’s always much calmer when he’s been to see you.” – a mother about her son.

“My relationship with God has been transformed; I used to think he hated me!”

“I haven’t told anyone about this, and it feels so good to have a safe place to talk about it now.”

“I didn’t have any hope before coming to counselling. I am hopeful now, and that has made all the difference.”

“Even though our time together was short, it really helped me to focus on what is important.”

“Just ‘hearing’ what I had been saying to myself made me realise how negative I had become, and changing those scripts has totally changed how I face life.”

**Canaan Christian Ministries**  
COUNSELLING SERVICE

## Get In Touch With Us

Contact the counselling service  
directly on **07549 878874**

Please leave a message and one of our  
counsellors will return your call.

Sessions are held in our private rooms  
at the centre **Monday – Saturday**  
**10am – 5pm.**



**Find us at: 121 High Street (by the Iron bridge)**  
**Staines-upon-Thames, Middlesex TW18 4PD**

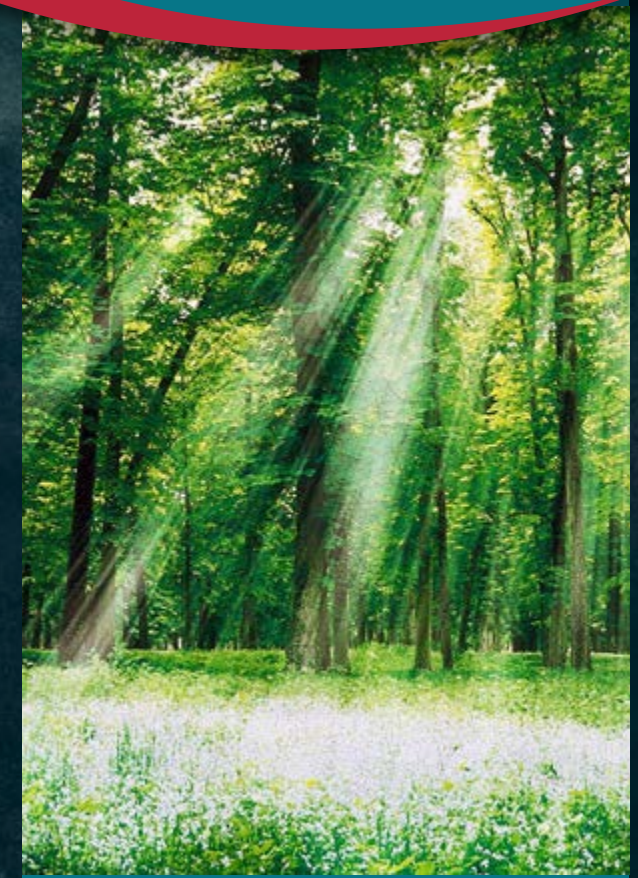
The nearest car park is South Street TW18 4TL  
(It’s 2 minutes walk if you park on the surface level)  
We’re 5 minutes walk from Staines railway & bus stations

**If you need help or directions please call us**  
**01784 457194 • [info@canaanbookshop.co.uk](mailto:info@canaanbookshop.co.uk)**

**Canaan Christian Ministries**  
COUNSELLING SERVICE

Reg. Charity No. 1171925

## Canaan Christian Counselling



“But those who hope in the Lord will renew  
their strength. They will soar on wings like  
eagles; they will run and not grow weary,  
they will walk and not be faint.”

Isaiah 40:31 (NIV)

**Canaan Christian Ministries**  
COUNSELLING SERVICE

## What We Offer You

Our confidential counselling service is open to anyone who would like a place to work through issues and challenges they are facing. We deal with many issues ranging from bereavement, depression, anxiety, relational difficulties, and challenging life choices. We offer an approach to counselling, within a Christian ethos, which seeks to help individuals resolve their difficulties. Clients can be of any faith or none and will be able to determine whether or not issues of religious belief form part of the dialogue.

Counsellors will encourage individuals to explore possible roots to their problems as well as help the individual to find potential solutions including any resources available to them to assist change. Counsellors are non-judgemental, and will not impose solutions but rather respect the autonomy of every individual.

## We Can Help You

If you are willing to be open and honest and take personal responsibility for yourself, we are here to stand alongside and help. We aim to provide you with a safe and confidential environment where you will be free to talk through any issue you may have.

## An Initial Assessment

You will first meet with a counsellor for an initial assessment which will give you the opportunity to explain your problem and discuss your hopes and goals. After having the counselling process explained to you, you can choose whether you wish to enter into counselling at that time.

An assessment fee and all subsequent counselling sessions will be based on a sliding scale and will be discussed at your initial assessment.

## Meet Our Counsellors



**Sue McGee**

Sue is our Team Leader and has been counselling at Canaan since 2000. Sue is a qualified CBT therapist with a Master's Degree in Rational Emotive and Cognitive Behaviour Therapy received from Goldsmith's University of London. Sue also has a B.Sc. in Psychology and Theology, received in the USA, and a Diploma in Christian Counselling from CWR. Sue is an Accredited member of the Association of Christian Counsellors (ACC). She is also a Registered member of the British Association of Counselling and Psychotherapy (BACP) and is a member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP).



**Deborah Bull**

Deborah Bull is a graduate of London School of Theology in Theology and Counselling (accredited by Middlesex University) and is Level 3 trained in Internal Family Systems (IFS). She has been counselling since 2005 and working at Canaan since 2007. She is a registered member of the British Association for Counselling and Psychotherapy.



**Jane Rogerson**

Jane is a Graduate of London Guildhall University with a Master's Degree in Counselling Psychology. She obtained a BSc Honours Degree in Psychology and Sociology from Sheffield University. Jane attended London Bible College completing the CWR certificate in Christian counselling. She also holds a Post-Graduate Certificate in therapeutic work with children and young people through NSPCC, accredited by the University of York. She is a member of the British Psychological Society and the British Association for Counselling and Psychotherapy.



**Heather Cibrario**

Heather is a graduate from Middlesex University and an Integrative-Relational Counsellor. She holds a First Class BA Honours Degree in Psychotherapeutic Counselling, as well as a BA Degree in Languages and Psychology which she received in South Africa. She is a registered member of the British Association of Counselling and Psychotherapy and a member of the Association of Christian Counsellors.

Contact the counselling service directly on 07549 878874 — leave a message, one of our counsellors will return your call.