



Counsellor and Therapist at 3ShiresTherapy

Welcome to 3 Shires Therapy. My name is Kim Dudko MBACP and I am a fully qualified and experienced person centred therapist.

I am a member of the British Association for Counselling and Psychotherapy (BACP), and I am bound and adhere to the BACP Ethical Code of Conduct.

I have worked with clients suffering in many different areas, anxiety, depression, burn-out, anger, grief, loss, trauma, stress, relationship troubles, drug abuse and more. I also have a great understanding of workplace stress and career issues.

My aim is to work with you in a sensitive, non-judgemental and respectful way, supporting you in your time of trouble, so that you can move into a greater sense of well-being.

I offer a relaxed, calm and peaceful environment from my private practice in Chalfont St Peter, close to Gerrards Cross, Little Chalfont, Chalfont St Giles, Beaconsfield and Amersham



What Do I Offer?

Making the decision to attend counselling is perhaps the most difficult, challenging and positive step for you. I aim to make those steps into counselling as smooth as possible for you. For the therapeutic relationship to work effectively you will need to feel comfortable with me to allow our relationship to grow and develop.

I can offer you a safe and confidential environment in which you can express your feelings and I will work with you to gain a deeper insight into your difficulties. It is a journey we will travel together, and I will be with you for as long as you wish.



Our counselling sessions are totally confidential, so you can talk about things you might not feel comfortable sharing with anyone else.

My aim is to help you find better ways to understand yourself, or to bring about changes to help you manage the way you think or behave to improve your mental and emotional well-being and find a more positive thought process.

My approach to therapy is the Person Centred Approach, where I believe you are the best person to navigate through your issues and understand what is right for you and together we will work to find your own answers and direction.



Area's of Experience

My experience includes dealing with many of the issues below but not limited to:

- Abuse
- Addiction.
- Anxiety
- Anger
- Bereavement and loss
- Burn-out/stress related work issues
- Co-dependency
- Career issues
- Professional coaching
- Depression
- Family relationship problems
- Partner relationship problems
- Self-esteem and confidence
- Issues at work or in a professional environment
- Self-harm
- Sexuality
- Stress
- Trauma
- Youth developmental problems including

Parental Problems
Parental Separation
Sibling Problems
Being Understood
Dealing with the world
Learning Difficulties

..... And More

Whatever issues you are facing, I will work with you, and do my very best to help you find a positive way forward.

The most important thing is that you receive the very best help that you can get, and I am here to help you receive that help in your most troubled times.



How Can I Help?



I would imagine at this point you are very much aware as to why you have contacted me and why you feel the need to seek counselling.

I also suspect that from either what you have read or already know you have a good idea about how counselling can help you.

My aim is to help you, allowing you to see a way forward, and I hope giving you more clarity and focus. I will listen, be non-judgemental, understand your problems, your pain and daily struggles and support you through this difficult period.

And hopefully get you to a better place.

All in the safety of my own totally secure studio where we will build a therapeutic relationship allowing us to work openly and honestly together.

With my countless years of experience working with people from various different backgrounds and cultures (including my many years in HR across the globe in many different business sectors) as well as working with young people of various ages, my practice is diverse, and my style is adaptable to your own unique and specific needs.

Do you ever feel as if :

- You can't go on feeling like this and nobody understands
- You wish you were more confident
- You wonder why you are staying in a relationship
- You feel your marriage is a mess
- You are struggling with divorce
- You wonder why you get bullied at work
- You feel you just can't do your exam
- You always turn to drugs to escape
- You think you might be drinking too much
- You feel that no one in your family listens to you
- You have a feeling of self-loathing and hate yourself
- You wish you felt less anxious
- You feel as if your grief is consuming you
- You hate your body
- You get terrified on stage, worse if you must present or make a speech
- You choke at the start of every race or event and are terrified of failure
- You keep pushing people away and don't know why

If you have any of these thoughts and others and feel you need someone to talk to about them, then I am here to do my best for you, for as long as you wish.



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My Approach

I know how daunting the first steps into counselling can be, but my role is to make sure this entire process is as simple, safe and as comfortable for you as possible.

I want you to feel completely at ease with the process and with me.

I will aim to help you to understand how you interact with the world perhaps allowing you to see a way forward and helping you to develop a greater sense of self-awareness and helping to put you back in control and giving you the tools to cope with your current challenges in a safe open environment.

I will ensure my therapeutic environment will offer empathy, congruence and be non-judgemental. These core conditions and qualities are at the heart of the Person-Centred Approach.

I look forward to working with you and helping you to a better place in your life.





Counselling Online

Will it work for you?

I believe that to even begin any online counselling a minimum of one or two sessions should be conducted face to face.

That initial assessment is to allow us time to begin to understand your problems as well as building rapport and trust which I feel is vital and ethical.

Once these initial sessions have been completed I realise that everyone has commitments, you may work away from home, have a very busy work or domestic schedule, you may want to retain your own counsellor if you have moved to another location or you need help at a vital time when you are unable to get to my practice rooms.

This is when online therapy can prove effective.

So how does it work?

Online therapy is counselling that takes place remotely over the internet. I have a number of options available to you, most you will be familiar with, all of which are freely available .

These range from Zoom*, Skype and Facetime (Apple users only) for a face to face online video counselling, which are available on all devices PC's, tablets and mobile smart phones. I can also counsel using the humble telephone for voice to voice only communication.

*for Video counselling I recommend Zoom due to its enhanced security features.

If you are unsure how to do this I will help you with this during the first consultation.

Is it effective?

The effectiveness of online therapy depends on your willingness to seek help and work with a therapist.

You must feel comfortable using different types of technology and talking to your therapist in an online environment.

If you are time poor and perhaps struggle with workloads or maybe working around your children or prefer working with your therapist remotely, this might be a good choice for you.

However, just like face to face counselling in a practice you need to commit to sessions with your therapist. A date and time will be set and you will be expected to attend the session.



Making an Appointment and our Fees

I know how hard it is just to get this far but this is the first step in your journey.

You are not alone I will be with you every step of the way in a safe, supportive and totally confidential environment, which I am ethically bound. The focus throughout is on what you feel, what you think, and what you decide.

Please make that first step to take you to a better place.

Availability

Daytime and evening appointments between 10:00 until 20:00 on weekdays and limited appointments at weekends.

Ideally we should meet on the same day each week.

Face to Face sessions are 50 Minutes

Online Therapy sessions are 60 minutes - via Skype, Zoom or Facetime this will be discussed on an individual basis following your initial face to face consultation.

I do offer open-ended counselling if you feel it is necessary. This allows you to take it as far as you choose at your pace, I will be by your side for as long as you feel you need me.

An initial 6 sessions are recommended with a review at the 6th session to see if you are happy with how things are progressing.

Fee Structure - Private

Sessions are 50 minutes long (unless otherwise indicated) and charged at:

Your initial consultation will be £40

From then on :-

- Individual Counselling £60
- Online or Telephone counselling (60 min) £60
- Children/Young People (fees to be discussed)

Payments can be made prior to sessions via BACS, via card or in cash and in some instances by phone (Apple Pay etc.). A receipt can be provided.

Any personal data will be held in accordance with the requirements of GDPR 2018 and the Data Protection Act 2018 (DPA 2018).

Missed Sessions and Cancellations

Ideally I require at least 48 hours' notice of cancellation of a session. Notice received within less than 48 hours will incur full charge of the agreed fee.

Should I need to cancel any of our appointments I will try to give at least 24 hours notice unless it is a personal emergency, or personal sickness.

Holidays

Ideally I would like 2 weeks' notice of any planned holidays you have arranged if we have a designated time slot each week. I will provide as much notice as possible of holidays to ensure as little disruption to your therapy as possible.

Business, Charity, Student or Health Services Fees

These maybe subject to alternative rates, please call or email to discuss.



Please Contact Me

Visit Our Website at

www.3shirestherapy.com

Or Call

Tel : 033 3303 4904

Or

Email : kim.dudko@3shirestherapy.com



I look forward to hearing from you

Kim Dudko MBACP,CPID

