

**Maurice Tomkinson**  
**BA, MA, MBACP (Accred)**

Maurice Tomkinson is the founder and director of the Hope Street Centre. He is a BACP Accredited Counsellor and Psychotherapist, having trained with the Institute of Psychosynthesis in London. He is actively involved with mental health issues locally, and represents the Centre at the Congleton Mental Health Sector Planning Group, The Central Cheshire Mental Health Forum and the South Cheshire Suicide and Self Harm Network.

Maurice gained experience over several years as a volunteer on telephone helplines, talking to people in crisis and distress, both with the Samaritans and Saneline. In recent years he has been involved with organisational development, helping businesses and the people who work for them to prepare for and deal with change and reorganisation.

Since qualifying as a counsellor he has established a counselling and psychotherapy practice in Sandbach. He also opened The Hope Street Centre, as an independent therapy centre offering a wide range of psychological and complementary therapies.

**Other therapists at the Centre include:**

**Lynne Burden**  
Hypnotherapy

**Caroline Fallon**  
Reflexology, Nutrition

**Fiona Forster**  
Bowen Technique, Body Massage  
Hopi Ear Candling, Yoga

**Jane Hammond**  
Psychotherapy, Transactional Analysis

**Joy Hazlehurst**  
Counselling (adults, young people and children) ,  
Relationship Counselling  
Triple P Positive Parenting Programme.

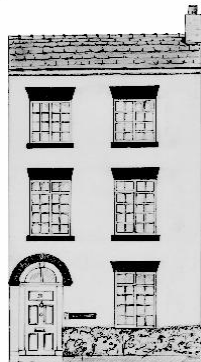
**Mike Johnson**  
Counselling (adults and young people)

**Kathryn Sim**  
Counselling and Counselling Supervision

**Mohamed Sohawon**  
Cognitive Behavioural Therapy, EMDR

**Anne Stokes**  
Psychosynthesis Counselling and Psychotherapy,  
alcohol and addictions recovery.

**Pat Wells**  
Integrative Counselling and CBT



**The Hope Street Centre**  
**10 Hope Street, Sandbach**  
**Cheshire, CW11 1BA**  
**01270-764003**  
**[www.hopestreetcentre.co.uk](http://www.hopestreetcentre.co.uk)**

# The Hope Street Centre



## counselling

## What does counselling involve?

Counselling sessions normally take place once a week and last an hour. At the first meeting the counsellor will ask you about the problems or issues you would like to work on, and the results you would like to get from counselling. He or she will also answer any queries you may have.

During subsequent sessions you can bring any issue you want to talk about, and together we will explore it in different ways, sometimes using imagery or dreams, sometimes by exploring feelings, often simply talking.

## What sort of problems can be helped by counselling?

The list below illustrates some of the issues that can be worked with in counselling, although this is by no means a complete list:

Addictions ♦ anger management ♦ anxiety ♦ bereavement ♦ breakdown ♦ bullying ♦ compulsions ♦ communication difficulties ♦ creative blocks ♦ crises ♦ depression ♦ eating disorders ♦ family problems ♦ fear ♦ mid-life crisis ♦ obsessions ♦ panic attacks ♦ phobias ♦ relationship problems ♦ self harm ♦ sexuality issues ♦ sleeping problems ♦ stress ♦ suicidal feelings ♦ traumas ♦ work and career issues

## Is it only about painful issues?

Counselling is not just about dealing with unpleasant symptoms. It can equally be used to bring about personal growth, developing or strengthening parts of the personality, and achieving a better quality of life. It can help you to clarify what you want to do with your life, and to help you in dealing with any obstacles that prevent you achieving this.

## How long does it take?

This is not an easy question to answer, as it depends on the nature of the problem, the type of change you are looking to achieve, and your own readiness to make the necessary steps.


As a guide, clients find that a certain amount of emotional relief can be obtained by talking through a problem in one or two sessions, a single issue problem that has arisen fairly recently may be resolved in five or ten sessions, whereas a problem which is complex or has persisted for years may take many months to resolve.


## How much does it cost?

Each practitioner working at the Hope Street Centre sets their own fee scales. As a guide, counselling sessions typically cost £35-40 per hour, with reductions available when a block of sessions is paid for in advance.

## How do I access the service?

There is no need for a doctor's referral – you can make an appointment directly with the counsellor, who will usually be able to see you within a week.

 **01270 764003** Our telephones are normally answered by counsellors, or if one is not available please leave your number and we will call you back as soon as possible.

 To contact us by email send your message to:

**[counselling@hopestreetcentre.co.uk](mailto:counselling@hopestreetcentre.co.uk)**

You can also access our web site at:  
**[www.hopestreetcentre.co.uk](http://www.hopestreetcentre.co.uk)**

