

Counselling Me?

A Guide to the Talking Therapies

Jonathan Ingrams

COUNSELLING...? ME?



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ABOUT THE AUTHOR

Jonathan Ingrams came to counselling following twenty-five years of making medical educational programmes for doctors and general audiences in the United States and Europe. Over the past fourteen years he has practised as a psychotherapist with a broad spectrum of clients from the “worried well” to those suffering a range of mental illnesses of varying severity. His work has included counselling for Young Offenders and taking referrals from GPs, insurance companies, and Employee Assistance Programmes.