

marypascallcounselling

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MBACP, BAATN,

Many thanks to clients who have offered feedback.

Here's a small selection of comments:

'You've helped me look at things from a different perspective.'

'It helps to talk to someone who understands – you get it.'

'It's like bringing two sides together. Like a book with pictures.'

'You've told me something I really needed to hear.'

'I know I've changed. I can see that I've made progress.'

'I think I'm okay now. I feel more confident.'

'Now, it all makes sense.'

'When I look at where I was and how I am now, counselling with you has really helped me.'

'When someone points out that I've changed, I recommend you.'

'Counselling has given me the confidence to set goals for myself.'

'I'm no longer depressed and my anxiety is reduced.'

'It helps to have a space to talk through these things with someone who understands.'

'Thank you. I couldn't have done it without you.'

'I think everyone should have counselling.'