

Mishka Astle

Member of the British Association of Psychotherapists and Counsellors

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Dear Members,

It's a great privilege to be working as Counsellor/Psychotherapist to the Bracknell and District Branch. My experience and training as a therapist covers working across a wide range of mental health issues in both long and short-term therapy practice. My work currently includes roles in the NHS, with universities, and in my own private practice.

As you will know, living with a long-term health condition such as Parkinsons can bring both emotional and physical challenges - for sufferers, carers, partners and relatives. It can also raise issues that may not have troubled us previously. These challenges can affect day-to-day living, the workplace, worries for the future and changes to our relationships. It can often feel overwhelming and some of you may be feeling many difficult emotions. Whilst there will be common challenges, each person's journey with Parkinsons is unique. Therapy can support your unique circumstances and help you understand and improve how you are coping.

How to access therapy:

If you would like to find out more, completely free of charge and in total confidence, you can do so by phoning, texting or emailing me for a chat. I will try to answer your questions to help you decide if therapy is the right for you. If you choose to go ahead, we can agree a regular weekly session time, and if you choose not to, your call will remain confidential and any information you have given to me will be destroyed.

I do hope you'll feel able to get in touch with me if you'd like to find out more about how therapy might support you.

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My background and training:

I am an Integrative therapist which means I use a variety of psychological approaches in my work. This allows the work I do with clients to be attuned and tailored individually to each client. My training and practice are grounded in developmental psychology, looking at how the impact of our life history can sometimes 'play out' in our present living. By understanding these connections, we can find new awareness and understanding of our current concerns and this in turn can ease the way to finding new patterns of living and relating.

Qualifications: B.A.(Hons) Cantab.
B.Ed. (Hons) Cantab.
Fd. Sc. Integrative Therapy

Clinical work: Private practice
N.H.S.
Student Counsellor, University College London (UCL).

Training and Experience: Trauma, relationship problems, employment difficulties, emotional, sexual and physical abuse, anxiety and depression, health difficulties, loss, bereavement, low confidence and poor self-esteem, addiction.

I am trained to work with Trauma, Internal Family Systems, Compassion Focussed Therapy and Attachment Theory.

If you would like to have a free and fully confidential chat to find out more about counselling and psychotherapy, do please contact me. I am happy to answer any questions, at no cost, that you have and without any obligation to take up therapy.