

Hazel Gillen – Profile

Hazel has been involved with Crisis Care for over twenty-five years, until her retirement as a Social Care & Crisis Team manager.

With extensive life experience caring for those in crisis both as an employee of Edinburgh Council and as a voluntary counsellor for the Samaritans, Hazel also has a Degree in Counselling and Addictions and a Diploma in Person Centred Counselling. She is registered with COSCA and is part of the West Lothian Psychotherapy Network.

Hazel is a friendly, approachable and empathetic counsellor, and works with individuals, couples and families. She is experienced in dealing with all sorts of concerns from clients, which has ranged from low self-esteem, employment and relationship issues, to dealing with grief, depression and suicidal thoughts. Her goal is to provide a safe and compassionate space to help clients focus on what they want to change in their current situation.

An important goal of Hazel's counselling is to develop an individual's skills to deal with a current life situation, but also to improve their resilience for the future. This approach works particularly well with teenagers and families. Hazel is also happy to work with companies and organisations who need periodic access to counselling services, but who do not want the commitment of a full time in-house counsellor.

Services Provided

Individual counselling

- ◆ Relationship concerns
- ◆ Employment issues
- ◆ Low self esteem
- ◆ Lack of confidence
- ◆ Depression & anxiety
- ◆ Stress management
- ◆ Coping with illness/disability
- ◆ Grief & bereavement
- ◆ Sexual and/or physical abuse
- ◆ Crisis care

Couple & relationship counselling

- ◆ Reconciliation
- ◆ Health issues
- ◆ Parenting concerns
- ◆ Family mediation
- ◆ Coping with caring

Teenagers & young people

- ◆ Building esteem & confidence
- ◆ Dealing with bullying
- ◆ Self harm & depression
- ◆ Anger management

Group or organisation counselling

- ◆ Employee or client counselling services
- ◆ Stress management
- ◆ Addictions
- ◆ Coping with redundancy or retirement

What is Counselling?

Counselling provides time and space for clients to talk about current concerns, and explore difficult feelings in a safe, honest and confidential space with a qualified professional.

It is not an advice session: the aim is to help clients understand their current situation and reactions to events, and if desired, work towards changing behaviours or the way clients think about things. Counselling also provides a compassionate environment to cope with, and talk about, crisis situations such as relationship breakdowns, suicidal thoughts and bereavement.

Counselling is suitable for all age ranges and situations, and the first session is free.

Regular commitment to sessions, at a time and place to suit clients, gives a better chance of finding out why there are difficulties, and how best to resolve them.

Hazel provides two types of counselling – Person Centred and Cognitive Behaviour Therapy (the one with homework!). She is happy to discuss this with at the first no charge, no obligation session with the aim of getting best value, and most effective therapy for clients.

Contact Me

For more information or to arrange
your first appointment:

Telephone:

01506 872662

Mobile:

07756 867402

Email:

enquiries@branlan-counselling.co.uk

Website:

www.branlan-counselling.co.uk

The first session is a free, no obligation consultation to discuss your situation and current needs, as well as an introduction to the services Branlan Counselling provides.

Counselling sessions can take place in your own home, or the Branlan home office just outside West Calder, or any other appropriate venue that a client suggests.

The Branlan Counselling office is situated in a comfortable, safe and peaceful cottage, located just outside the hamlet of Harburn near West Calder, with a view to the Pentland Hills.

Hazel is happy to travel to any location in West Lothian, Edinburgh or Glasgow to see clients.

Hazel Gillen
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