

*My name is Ann-Marie James and  
I am a professional, fully qualified  
counsellor & psychotherapist  
in private practice  
in Reading, Berkshire.*

I am an integrative therapist working with couples mainly from a person-centred perspective. As needed, I will also incorporate cognitive behavioural methods that can assist clients in managing difficult emotions in the moment, and to manage stress, making the therapeutic process more effective. My range of training allows me to be flexible in my approach so that I can best meet the needs of my clients.

I trained in America and am experienced in counselling adults, couples and families dealing with stress, life changes, relationship difficulties, anxiety, depression, mind-body disturbances, mental illness, and more.

I am an accredited member of the British Association for Counselling & Psychotherapy (BACP) and am a UKRCP Registered Independent Counsellor/Psychotherapist. Any information as relates to you and the process of counselling is strictly confidential.

*"Nobody, as long as he moves about  
among the chaotic  
currents of life, is without trouble."*

**Carl Jung**

Ann-Marie James, MA  
Individual & Family Therapist  
Mind Garden Therapy  
56 London Street  
Reading, Berkshire RG1 4SQ  
Phone & Voicemail 07940-703132  
annmarie@reading-counsellor.co.uk  
www.reading-counsellor.co.uk

**Ann-Marie James, MA**

**BACP Accredited**

## Relationship Counselling

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*“In a time when nothing is more certain than change, the commitment of two people to one another has become difficult and rare. Yet, by its scarcity, the beauty and value of this exchange have only been enhanced.”*

Robert Sexton



## *Frequently Asked Questions*

*What are your qualifications?*

I hold a Master of Arts in Pastoral Counselling, a Certificate in Multi-Systemic Family Therapy, and a BA (Hons), in Counselling Psychology as well as BACP Accreditation and UKRCP Registration. I have a certificate in relationship counselling through Reading Marriage Care & York St John University. I have worked in various clinics, hospitals, and charities providing counselling to adults and families over the past 10 years both in the UK and America.

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*How much does couples counselling cost?*

My rates vary for individual, family or couples counselling. Please enquire for this information.

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*Can I speak to you to see if counselling is right for me and my partner?*

Yes. You are welcome to contact me on 07940-703132. If I am with a client my phone will be switched off but please leave a message and I will get back to you as soon as possible.

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*Do you work with sexual concerns?*

Yes, sex life is a significant part of any relationship and you are welcome to bring to counselling any sexual concerns you might have.

## *About Couples Counselling*

As a couples counsellor I work to help couples enhance their communication, deepen their relationship, and effectively face challenges as a team. Counselling can assist couples with repetitive fighting, communication difficulties, lost intimacy, family difficulties, anger problems, sexual difficulties, and much more.

Couples counselling can enhance your relationship and assist you in getting back in touch with each other. It offers couples the opportunity to explore challenging aspects of their relationship in a supportive environment. Through talking and reflection, counselling helps couples to approach their circumstances from a new perspective.

If you have specific questions about beginning counselling you are welcome to contact me by phone or email.