

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

As a counsellor I believe in the importance of self-understanding and self-care. Counselling can assist you in dealing with stress, anxiety, loss, depression, relationship challenges, work challenges, and many other aspects of life that can cause distress. It can assist you with learning about yourself, resolving difficult emotions, developing skills for relationships and career, dealing with loss or bereavement, facing addiction, healing trauma, changing negative behaviours, and improving your quality of life.

I work from an integrative perspective which means that I draw from more than one psychotherapeutic school of thought. I trained in America and am experienced in counselling adults and families dealing with stress, anxiety, depression, mind-body disturbances, and mental illness.

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

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“When any experience of body, heart, or mind keeps repeating in consciousness, it is a signal that this visitor is asking for a deeper and fuller attention.”

Jack Kornfield, A Path With Heart



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 worked in various clinics, hospitals, and charities providing counselling to adults and families over the past 9 years both in the UK and America.

Do you see couples, families, etc?

Yes, I work with individuals, young people, couples and families. I hold a full CRB clearance for work with young people.

How much does counselling/ psychotherapy cost?

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

Can I speak to you to see if counselling is right for me?

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.

About Counselling & Psychotherapy

Therapy is an opportunity for both healing and self-exploration. It offers individuals an opportunity to deal with challenges, losses or changes in their life in a supportive environment.

Through talking, reflection, and analysis, counselling helps people to approach their circumstances from a new perspective, receive support to get through difficult times, and improve their quality of life.

I am an integrative therapist and draw upon both my person-centred training and my current supervision and training in Jungian psychotherapeutic techniques. 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.

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