



What is my background?

I originally completed a law degree before qualifying as a social worker. I have been professionally qualified since 1990.

I have experience with a range of approaches:

- Psychodynamic
- Person centred
- Systems
- Cognitive

Between 1998 and 2002 I studied for the Human Givens Diploma. I passed with a distinction in February 2002. The Human Givens approach to counselling uses the best of a range of approaches based on research into effectiveness as well as the most up to date information on how the brain works.



What do I believe?

- That I can make a difference from day one
- That therapy should be as short as possible
- That my approach can make a difference with any emotional problem
- My approach works because it is in harmony with human nature and the way the brain works



As a 'Human Givens' qualified therapist, I can help to:

- Reduce anxiety
- Break the cycle of depression
- Resolve trauma
- Manage anger
- Stop addictive behaviour
- Improve relationships
- Ameliorate some medical conditions
- Deal with phobias

**As an effective therapist,
I can:**

- Understand depression and how to lift it quickly
- Help immediately with anxiety or trauma
- Give advice if requested
- Talk in plain language
- Avoid dwelling on the past unnecessarily
- Help you to develop your own skills
- Assist you to relax deeply
- Assist you to see difficulties in a different way
- Use a range of techniques
- Keep therapy as short as possible

**Want to find out
more?**

Contact:

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**As an experienced trainer,
I can also provide seminars and
workshops on all of the issues which
could be the focus of counselling.**

**Feeling down,
anxious
or at a crossroads?**



**Start to feel better
today.**

Gavin Jinks

PROFESSIONAL COUNSELLING SERVICE