

Relationship Counselling & Marriage Guidance - London, Essex, Hertfordshire

Contributed by nvcresolutions

Friday, 06 November 2009

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Relationship Counselling / Marriage Guidance with Daren & Anna
- Covering London, West Essex, South Hertfordshire -
Buckhurst Hill IG9 or central London

Are you experiencing relationship problems?

Do you feel stuck in recurring patterns or ways of relating?

Is there a particular issue that is creating disharmony in your relationship? Are you concerned, exhausted or fed up?

Relationships can be a tremendous source of nourishment, support and joy for us in our lives. However, they can also be very challenging. When relationship problems arise, couples can often benefit from support to help them move to a level of deeper understanding and harmony between each other. In our relationship counselling sessions we will support you as a couple to work through your relationship problems, and relate to each other in a deeper, more conscious way.

Why Choose Us? 4 Good Reasons

- We are unique because we work as a couple with you as a couple. This means that both of you will feel related to and understood by a person of the same gender during our sessions.
- We have completed a specialised diploma in couples counselling and relationship psychodynamics. Some counsellors simply add relationship counselling to their basic counselling portfolio. Without specialised training, they are courting disaster, as they have little understanding of the powerful dynamics of relationship. We have this understanding! We are also in regular supervision for our relationship counselling practice.
- We are professional mediators, used to working with people in conflict with one another. Your relationship conflicts and problems won't phase us!
- We are also Nonviolent Communication practitioners and trainers, skilled at translating the blame, judgement and criticism that so often occur in relationships into more friendly language that you and your partner can hear, and we can teach you to do this yourselves!

Relationship Counselling - How will we work with you?

In an atmosphere of safety and support each of you will be able to:

- Share your experiences and have them received by your partner.
- Connect to the feelings and needs underlying your experiences.
- Understand the dynamics that are driving your relationship problems.
- Envision together a future as a couple better than the present.
- Explore what you each would be willing and happy to do in your relationship to co-create this future.

Practicalities

Session length: In our experience, 90 mins is the best length for couples counselling sessions. We are also open to sessions of 60 mins or 120 mins if that would suit you better.

Frequency: We suggest an initial session together, during which we can get a sense of the dynamics and problems occurring in your relationship, and you can get a sense of whether our approach works for you. If you want further sessions, we suggest weekly or fortnightly sessions, according to your preference and the urgency of your relationship problems. We also offer ongoing relationship coaching sessions, typically monthly or bi-monthly, to help you to maintain your relationship.

Cost per session: Contact us to discuss costs.

Location: We run our counselling from two locations. One is our home which is located in Buckhurst Hill, in northeast London. We can also arrange a couples counselling session for you in a central London venue, where there is an extra charge for room hire. Our home is located near Buckhurst Hill underground station, on the central line, zone 5 (30 mins from Tottenham Court Rd underground station). By car, we are near the A406 (10 mins from Leytonstone / Woodford exit) and M25 (10 mins from junction 26). See the bottom of this page for more information about travelling times to us.

Interested in Relationship Counselling?

If you would like to book a relationship counselling session or talk this over further, please contact Anna or Daren by emailing us, filling in the enquiry form on the right of this page or phoning us on the number in the top right hand box.

About Us

Daren De Witt and Anna Finlayson bring many skills to this work. We have completed a two-year specialist training in Couple Counselling and Relationship Psychotherapy, graduating with Diplomas in Creative Couplework with the Centre for Gender Psychology, with whom we are in regular supervision. We have also studied the Voice Dialogue approach to relationship problems. We have 9 years experience of practising and teaching Nonviolent Communication, and 10 years experience as mediators and mediation trainers. We have been in a relationship together for 13 years, which adds to the depth of experience we bring as a couple to our relationship counselling.

We also run regular relationship workshops. Go to our Relationship Workshops page for more information.

Our Relationship Counselling / Marriage Guidance Venues

We work from two locations - central London and our home in Buckhurst Hill.

We mainly run our relationship counselling sessions from our home in Buckhurst Hill. We can also use a central London venue by special arrangement.

Our Buckhurst Hill practice is conveniently located 10 mins from the London A406 and the M25 (junction 26), as well as on the central line, which means that many locations within London, Essex and Hertfordshire are less than 45 mins from us. The followings areas are within easy access of our relationship counselling practice in Buckhurst Hill, either by tube or car:

Abridge,
Arnos Grove,
Bank,
Barnet,
Bethnal Green,
Bishop's Stortford,
Bond St,
Bow,
Brentwood,
Broxbourne,
Buckhurst Hill,
Canary Wharf,
Central London,
Chancery Lane,
Chelmsford,
Cheshunt,
Chigwell,
Chingford,
City of London,
Cuffley,
Debden,
East Ham,
East London,
Edmonton,
Enfield,
Epping,
Epping Forest,
Epping Green,
Goffs Oak,
Hainault,
Harlow,
Hatfield,
Hertford,

Highams Park,
Hoddesdon,
Holborn,
Kings Langley,
Lambourne End,
Leyton,
Leytonstone,
Liverpool Street,
London Colney,
Loughton,
Manor Park,
North London,
North-East London,
North Weald,
Mile End,
Ongar,
Oxford Circus,
Palmers Green,
Potters Bar,
Redbridge,
Rickmansworth,
Roydon,
Snaresbrook,
South Woodford,
St Albans,
St Pauls,
Stapleford Abbots,
Stapleford Tawney,
Stratford,
Theydon Bois,
Tottenham,
Tottenham Court Rd,
Upshire,
Waltham Abbey,
Waltham Cross,
Wanstead,
Ware,
Watford,
Welwyn Garden City,
Whipps Cross,
Wood Green,
Woodford,
Woodford Bridge,
Woodford Green

Travel times to our Buckhurst Hill relationship counselling practice by car
Distances by car in time to our relationship counselling practice in Buckhurst Hill (in rush hour times may vary, depending on location):

Abridge: We work as a couple to help you as a couple ... 12 mins to our relationship counselling / marriage guidance practice from Abridge, West Essex ...

Arnos Grove: We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance practice from Arnos Grove, Enfield, North London ...

Bank: We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from Bank, City of London (central London venue also possible) ...

Barnet: We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from Barnet, Barnet, North London ...

Bethnal Green:We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance practice from Bethnal Green, Tower Hamlets, East London ...

Bishop's Stortford:We work as a couple to help you as a couple ... 40 mins to our relationship counselling / marriage guidance practice from Bishop's Stortford, Hertfordshire...

Bow:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Bow, Tower Hamlets, East London ...

Brentwood:We work as a couple to help you as a couple ... 40 mins to our relationship counselling / marriage guidance practice from Brentwood, Essex ...

Broxbourne:We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance practice from Broxbourne, Hertfordshire ...

Buckhurst Hill:We work as a couple to help you as a couple ... 5 mins to our relationship counselling / marriage guidance practice from Buckhurst Hill, Epping Forest District, West Essex ...

Chelmsford:We work as a couple to help you as a couple ... 50 mins to our relationship counselling / marriage guidance practice from Chelmsford, Essex ...

Cheshunt:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from Cheshunt, Hertfordshire ...

Chigwell:We work as a couple to help you as a couple ... 7 mins to our relationship counselling / marriage guidance practice from Chigwell, West Essex ...

Chingford:We work as a couple to help you as a couple ... 10 mins to our relationship counselling / marriage guidance practice from Chingford, North East London ...

Cuffley:We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance practice from Cuffley, Hertfordshire ...

Debden:We work as a couple to help you as a couple ... 10 mins to our relationship counselling / marriage guidance practice from Debden, Epping Forest District, West Essex ...

East Ham:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from East Ham, Newham, North East London ...

Edmonton:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Edmonton, Enfield, North London ...

Enfield:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Enfield, North London ...

Epping:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance

practice from Epping, West Essex ...

Epping Forest:We work as a couple to help you as a couple ... 10 mins to our relationship counselling practice from Epping Forest, West Essex ...

Epping Green:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from Epping Green, West Essex ...

Goffs Oak:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Goffs Oak, Hertfordshire ...

Harlow:We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from Harlow, West Essex ...

Hainault:We work as a couple to help you as a couple ... 12 mins to our relationship counselling / marriage guidance practice from Hainault, Redbridge, North East London ...

Hatfield:We work as a couple to help you as a couple ... 45 mins to our relationship counselling / marriage guidance practice from Hatfield, Hertfordshire ...

Hertford:We work as a couple to help you as a couple ... 40 mins to our relationship counselling / marriage guidance practice from Hertford, Hertfordshire ...

Highams Park:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance practice from Highams Park, Waltham Forest, North East London ...

Hoddesdon:We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from Hoddesdon, Hertfordshire ...

Kings Langley:We work as a couple to help you as a couple ... 40 mins to our relationship counselling / marriage guidance practice from Kings Langley, Hertfordshire ...

Lambourne End:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance practice from Lambourne End, West Essex ...

Leyton:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Leyton, Waltham Forest, North East London ...

Leytonstone:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from Leytonstone, Waltham Forest, North East London ...

Liverpool St:We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from Liverpool St, City of London (central London venue also possible) ...

London Colney:We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from London Colney, Hertfordshire ...

Loughton:We work as a couple to help you as a couple ... 10 mins to our relationship counselling / marriage guidance practice from Loughton, West Essex ...

Manor Park:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Manor Park, Newham, North East London ...

North Weald:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from North Weald, West Essex ...

Ongar:We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance practice from Ongar, Essex ...

Palmers Green:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Palmers Green, Enfield, North London ...

Potters Bar:We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance from Potters Bar, Hertfordshire ...

Redbridge:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from Redbridge, North East London ...

Rickmansworth:We work as a couple to help you as a couple ... 45 mins to our relationship counselling / marriage guidance from Rickmansworth, Hertfordshire ...

Roydon:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance from Roydon, Epping Forest District, West Essex ...

Snaresbrook:We work as a couple to help you as a couple ... 12 mins to our relationship counselling / marriage guidance practice from Snaresbrook, Redbridge, North East London ...

South Woodford:We work as a couple to help you as a couple ... 10 mins to our relationship counselling / marriage guidance practice from South Woodford, Redbridge, North East London ...

St Albans:We work as a couple to help you as a couple ... 50 mins to our relationship counselling / marriage guidance practice from St Albans, Hertfordshire ...

Stapleford Abbots:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance practice from Stapleford Abbots, Epping Forest District, West Essex ...

Stapleford Tawney:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from Stapleford Tawney, West Essex ...

Stratford:We work as a couple to help you as a couple ... 30 mins to our relationship counselling / marriage guidance practice from Stratford, Newham, North East London ...

Theydon Bois:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance practice from Theydon Bois, Epping Forest District, West Essex ...

Tottenham:We work as a couple to help you as a couple ... 25 mins to our relationship counselling / marriage guidance

practice from Tottenham, Haringey, North London ...

Upshire:We work as a couple to help you as a couple ... 12 mins to our relationship counselling / marriage guidance practice from Upshire, Epping Forest District, West Essex ...

Waltham Abbey:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance practice from Waltham Abbey, Epping Forest District, West Essex ...

Waltham Cross:We work as a couple to help you as a couple ... 20 mins to our relationship counselling / marriage guidance practice from Waltham Cross, Hertfordshire ...

Wanstead:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance practice from Wanstead, Redbridge, North East London ...

Ware:We work as a couple to help you as a couple ... 40 mins to our relationship counselling / marriage guidance practice from Ware, Hertfordshire ... we work as a couple to help you as a couple ...

Watford:We work as a couple to help you as a couple ... 50 mins to our relationship counselling / marriage guidance practice from Watford, Hertfordshire ...

Welwyn Garden City:We work as a couple to help you as a couple ... 50 mins to our relationship counselling / marriage guidance practice from Welwyn Garden City, Hertfordshire ...

Whipps Cross:We work as a couple to help you as a couple ... 15 mins to our relationship counselling / marriage guidance practice from Whipps Cross, North East London ...

Wood Green:We work as a couple to help you as a couple ... 35 mins to our relationship counselling / marriage guidance practice from Wood Green, North London ...

Woodford:We work as a couple to help you as a couple ... 7 mins to our relationship counselling / marriage guidance practice from Woodford, Redbridge, North East London ...

Woodford Bridge:We work as a couple to help you as a couple ... 5 mins to our relationship counselling / marriage guidance practice from Woodford Bridge, Redbridge, North East London ...

Woodford Green:We work as a couple to help you as a couple ... 5 mins to our relationship counselling / marriage guidance practice from Woodford Green, Redbridge, North East London ...

Travel times to our relationship counselling practice by tubeDistances in time by tube to our relationship counselling practice in Buckhurst Hill (these times are from getting on the train to the time you reach our door. We are on the Epping branch of the central line east):

Loughton:We work as a couple to help you as a couple ... 12 mins by tube to our relationship counselling / marriage guidance practice from Loughton, Epping Forest District, West Essex ...

Debden:We work as a couple to help you as a couple ... 15 mins by tube to our relationship counselling / marriage guidance practice from Debden, Epping Forest District, West ...

Theydon Bois:We work as a couple to help you as a couple ... 18 mins by tube to our relationship counselling / marriage guidance practice from Theydon Bois, Epping Forest District, West Essex ...

Epping:We work as a couple to help you as a couple ... 21 mins by tube to our relationship counselling / marriage guidance practice from Epping, Epping Forest District, West Essex ...

Woodford:We work as a couple to help you as a couple ... 12 mins by tube to our relationship counselling / marriage guidance practice from Woodford, Redbridge, North East London ...

South Woodford:We work as a couple to help you as a couple ... 15 mins by tube to our relationship counselling / marriage guidance practice from South Woodford, Redbridge, North East London ...

Snaresbrook:We work as a couple to help you as a couple ... 16 mins by tube to our relationship counselling / marriage guidance practice from Snaresbrook, Redbridge, North East London ...

Leytonstone:We work as a couple to help you as a couple ... 20 mins by tube to our relationship counselling / marriage guidance practice from Leytonstone, Waltham Forest, North East London ...

Leyton:We work as a couple to help you as a couple ... 23 mins by tube to our relationship counselling / marriage guidance practice from Leyton, Waltham Forest, North East London ...

Stratford:We work as a couple to help you as a couple ... 25 mins by tube to our relationship counselling / marriage guidance practice from Stratford, Newham, North East London ...

Mile End:We work as a couple to help you as a couple ... 29 mins by tube to our relationship counselling / marriage guidance practice from Mile End, Tower Hamlets, East London ...

Bethnal Green:We work as a couple to help you as a couple ... 31 mins by tube to our relationship counselling / marriage guidance practice from Bethnal Green, Tower Hamlets, East London ...

Liverpool St:We work as a couple to help you as a couple ... 34 mins by tube to our relationship counselling / marriage guidance practice from Liverpool St, City of London (a central London venue may also be possible) ...

Bank:We work as a couple to help you as a couple ... 36 mins by tube to our relationship counselling / marriage guidance practice from Bank, City of London (a central London venue may also be possible) ...

St Pauls:We work as a couple to help you as a couple ... 38 mins by tube to our relationship counselling / marriage guidance practice from St Pauls, City of London (a central London venue may also be possible) ...

Chancery Lane:We work as a couple to help you as a couple ... 40 mins by tube to our relationship counselling / marriage guidance practice from Chancery Lane, City of London (a central London venue may also be possible) ...

Holborn:We work as a couple to help you as a couple ... 41 mins by tube to our relationship counselling / marriage guidance practice from Holborn, City of London (a central London venue may also be possible) ...

Tottenham Court Rd:We work as a couple to help you as a couple ... 43 mins by tube to our relationship counselling / marriage guidance practice from Tottenham Court Rd, Central London (a central London venue may also be possible) ...

Oxford Circus:We work as a couple to help you as a couple ... 45 mins by tube to our relationship counselling / marriage guidance practice from Oxford Circus, Central London (a central London venue may also be possible) ...

Bond St:We work as a couple to help you as a couple ... 46 mins by tube to our relationship counselling / marriage guidance practice from Bond St, Central London (a central London venue may also be possible) ...

Canary Wharf: We work as a couple to help you as a couple ... 46 mins by tube to our relationship counselling / marriage guidance practice from Canary Wharf, Central London (a central London venue may also be possible) ...

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