

Nuance

Counselling



Searching for meaning among the words...

Philosophy

Many people seek help or support during the periods of difficulty or crisis that affect us all. Each person's story is unique and their journey through the trauma is a very personal one, but one that need not be navigated alone. Nuance provides emotional support during periods of crisis and the space and opportunity to find a way forward, tailored to each individual's circumstances and needs.

Whether clients come for a few sessions or are seeking long-term support, Nuance provides an environment which is non-judgmental and helps clients to face their deepest fears and pain while empowering them to make the difficult decisions capable of bringing lasting change. Challenging the way we perceive our circumstances can ultimately prove transformative.



Common Issues

People seek help to come to terms with many issues affecting their lives including:

- Anxiety and depression
- Relationship breakdown
- Grief and bereavement
- Gender and sexuality
- Disordered eating and sleep patterns

First Steps

We endeavour to answer enquiries within 24 hours and would arrange an initial assessment, should you wish to investigate counselling further. Assessment sessions are charged at half our normal rate and enable us to obtain any relevant medical history, to investigate the issues you may wish to address and identify your expectations and any goals you hope to achieve. The session also provides an opportunity for you to assess how you relate to your counsellor and whether you feel you could work well together. Should you decide to continue, we would normally suggest meeting for 6 sessions initially, after which there will be an opportunity to review your progress.

Venue

Small Thatched Cottage is located in the heart of the picturesque Cotswold town of Eynsham a few miles from Oxford. The cottage is believed to date from approximately 1600 and is overflowing with character and charm. The tranquil setting provides an opportunity to leave behind the busyness and pressures of daily life and take time to reflect on those issues that cannot be neglected any longer. Sessions last 60 minutes, but clients are welcome to stay longer to continue thinking through the issues raised over coffee in the peace and quiet of the enclosed gardens, overlooked only by St Leonard's church.



Costs

The ethos of Nuance Counselling is to provide an outstanding and personalised service at a competitive cost. A limited number of discounted spaces are available for students and those with proof of low income. Please feel free to enquire about our current fees or see our website for further details.

Testimonials

The time that I spent with you has been quite significant and has given me huge amounts of clarity in the situation.

I want to take this opportunity to thank you so very much for everything you have done for me ...it made all the difference and I would not be in the good place that I am today if it had not been for you.

...I have viewed our weekly sessions as a place of safety and refuge. Words cannot express how much you've helped me, nor can they adequately express how grateful I am. Thank you for your time, your kindness, and your counsel.

I can not thank you enough for all the good things that you do for me. You always listen to me with an immense kindness and empathy...I am whole-heartedly grateful for this safe and friendly moment that you kindly provide for me every week.



Professional Experience

Dr Paul Fairchild trained as a psychotherapist in the mid-90s, is accredited by the BACP and has over 20 years' experience of working with clients both privately and in a primary healthcare setting. He is also a qualified clinical supervisor and oversees the work of other counsellors. Paul originally trained as a biomedical scientist and spent 25 years as an academic at Oxford University where he served as Associate Professor of preclinical medicine. Paul practises from a person-centred perspective and embraces aspects of psychodynamic practice and CBT by using an integrative approach.



Affiliation

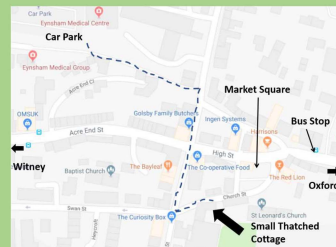
The British Association for Counselling and Psychotherapy (BACP) is one of the bodies responsible for overseeing counselling across the UK and provides valuable resources for all those seeking help. The work of Nuance Counselling adheres to the BACP's 'Ethical Framework for the Counselling Professions', available from the Society's website (www.bacp.co.uk) and complies fully with GDPR legislation for the storage of all personal data.

Directions

Small Thatched Cottage is conveniently located just off the Market Square in the centre of Eynsham approximately 5 miles from either Summertown or Botley. The S1 bus from Oxford to Witney leaves from George Street, Oxford and stops at the Market Square in Eynsham, one minute's walk from Nuance. Buses run regularly, approximately every 10 minutes throughout the day and evening.

Parking

Free parking is available in the central car park accessed via Clover Place. Small Thatched Cottage is approximately 3 minutes' walk away via Conduit Lane.



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