

How do I get support?

We offer 12 weeks of support to all self-identifying women, with fees operating on a sliding scale depending on your household income.

For more information or to refer yourself for therapy please contact Rhian:

Email: therapy@womenscentre.org.uk

Tel: 07706 321 408

Or visit our website:

www.womenscentre.org.uk/services/womens-counselling-and-psychotherapy

All our therapists are either qualified or training on Post Graduate level counselling and psychotherapy courses. All are registered with professional counselling bodies which ensures their commitment to working safely and ethically with you.

“

I have learned to accept my problems and to deal with them. I have now a better understanding of myself and in general I'm happier. ”

Women's Counselling and Psychotherapy client

We are:

- for all self-identifying women
- run for women by women
- safe
- understanding
- trauma-informed

BWC

Women's Counselling and Psychotherapy



Specialist, short-term, women-centred counselling and movement therapies.



Registered Charity No: 1003790

June 2024

Brighton Women's Centre
Empowering women since 1974

womenscentre.org

What we do

BWC has been supporting women in Brighton and Sussex for 50 years.

We are a trauma-informed therapy service run for women by women. We are committed to ensuring gender specific psychological therapies are available as part of the holistic and integrated services we provide.

How can therapy help me?

Therapy can help bring new perspectives by exploring how and why you think and feel the way you do. If you are feeling disconnected or stuck in your life, or if it is difficult to find hope or purpose, therapy can help with moving forward. Therapy can help you develop a greater sense of power to make choices and the capacity to take responsibility for your life.

Working within a supportive framework and experiencing a meaningful relationship with your therapist is where positive change can happen.

What we offer

Talking Therapy:

Involves talking to someone who is trained to listen. You may be feeling distressed by difficult events in your life or perhaps you are struggling with your thoughts and feelings. Talking to someone you can trust in a safe and confidential space can help. It's a way to connect with others and can support you with whatever you are going through.

Movement Psychotherapy:

Is a process of discovery and exploration which involves attention to breathing, posture and movement to assist with the integration of emotional, cognitive, physical, social and spiritual aspects of yourself. Increasing awareness of your physical, embodied self can help increase self-understanding and build on your strengths and resources for coping and moving forward in your life.

Our approach

We help women from all backgrounds, facing all kinds of issues, to live happier, safer lives.

Women's needs are at the centre of what we do. We recognise that each woman is an individual, with her own history, her own challenges, her own strengths and hopes.

We won't judge you or tell you what to do. We build trusting relationships based on mutual respect, creating safe, trauma-informed spaces where you can be yourself.

We will listen and support you with those issues that matter to you, giving you the security you need to take the next steps towards a better life.

