

## Fees

For individuals £35 - £65 for 60 mins

For couples £50 - £80 for 75 mins

I generally see people weekly, especially to start with.

## How long will it take?

I work short term, medium term and long term. Everyone's situation, their needs and what they want from therapy, is very different, and can also change. So this is a hard question to answer. Through discussing your wishes and expectations in an initial session it is possible to make a rough estimate.

## Contact:

Please feel free to phone me if you would like any further information.

If I'm not available, please leave a message and I will get back to you.

07785 183213

Alternatively e-mail me at -  
[jim@jim-robinson.co.uk](mailto:jim@jim-robinson.co.uk)

Or visit my website for more information  
[www.jim-robinson.co.uk](http://www.jim-robinson.co.uk)

## Need Help?

I see people with a wide variety of issues, they may be general like -  
Personal development, Loss of self-esteem or Loss of meaning.

Or more specific difficulties such as

Depression / Anxiety / Stress / Anger

Problems with relationships

Past abuse

Trauma / PTSD

Grief / Bereavement / Illness

Sexuality

Addictions and Compulsions around -

### Food

- Over eating / weight control
- Eating disorders

### Substances

- Alcohol / Drugs
- Smoking

### Behaviours

- OCD
- Self Harm
- Sex / Porn
- Hair pulling, etc.

I have seen many couples over the years for Marriage / Couples counselling.

Therapy crosses the boundary between Science (relief of symptoms) and Art (exploration of meaning).

# Jim Robinson

AHPP, BACP, UKCP

## Counsellor & Psychotherapist

Gestalt / Humanistic / Holistic approach



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What I now know with clarity, is that all our difficulties in living our lives, have their meaning. Each can be “grist to the mill” of our growing awareness and understanding if we take responsibility for our feelings and inquire about what is going on.

As Kahlil Gibran put it

“Your pain is the breaking of the shell that encloses our understanding.”



This is not to diminish how tough life can be at times, but if we can bring new awareness to our difficulties, to our pain or suffering, then there is always meaning to be found in the situation. This is about reversing our usual, natural, avoidance.

De Mello said that “all our problems arise from the fact that we don’t accept reality”. We want life to be different from how it is, which is the place of being a victim. This is true for everyone to some extent, at least until we know ourselves very well.

By bringing increased awareness to what is happening, to how we are, to our reactions right now, we can transform meaninglessness and hopelessness into their opposites. Through integrating and understanding this new awareness we can glimpse how growth and development are possible.

This is the journey we are invited to take, of opening our hearts, our minds and our bodies to meaning, to joy and sorrow, to understanding and embodiment. To living increasingly in the present, rather the fantasy of the past or future.

On the one hand there is awareness and understanding and on the other, the issue of wanting to look, of choice. Obviously they are closely connected, in that as we glimpse that change is possible we are more motivated towards it.

But choice remains central for a long time with the struggle to know what we really want for ourselves. How much of ourselves are we prepared to take responsibility for? To quote Ramakrishna,

“The winds of grace are always blowing, it is up to us to put up the sails”.

Often life has defeated us in some way and we end up resigned, hurt, a victim, cynical, or just surviving. The “good news” is that it doesn’t have to be this way. As human beings we are the result of 13.7 billion years of creativity and evolution. These processes are part of us! We all have an enormous capacity to grow and develop and our potential is huge.



Change is paradoxical in that we can’t change by willing it with our head alone, it doesn’t work that way. Real change is a developmental process and has to work with the whole of ourselves, heart, head and body together with all the deeper structures of the self. The awareness and understanding that we find from knowing more about what we feel, from clarifying our thinking and very importantly, from becoming more sensitive to our bodies, all has to be integrated and made sense of, by our deeper self.

This is our innate developmental orientation, of which our conscience, our ability to know what’s true and what’s not, is a part. So, with support and the new information from really looking at ourselves, change naturally happens.



Rumi expressed this as, “Your task is not to seek for love, but merely to seek and find the barriers within yourself that you have built against it”, i.e. love is always there waiting.

### Biography

For a long time now I have been interested in exploring the relationship between therapy and spirituality. They are both about discovering and exploring meaning. I was born in 1953 and am married with two grown up children. I became BACP accredited in 2009, AHPP 2012 and UKCP 2013.