

## Fees

For information about fees and my approach please visit my website <https://jim-robinson.co.uk/new-client-information/>

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 -  
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Please 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, Grief, 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 (the relief of symptoms) and Art (the 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 problem can become “grist to the mill” of our growing awareness, understanding and freedom, if we take responsibility for ourselves and really investigate 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 and suffering, then there is always meaning to be found in the situation. This is about reversing our very natural, habits of 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 how we are, right now, to facing the reality of ourselves, in our heart, head and body, we facilitate our healing. By integrating and understanding this new awareness we participate in our growth and development. We need to find self-forgiveness and self-compassion to open our

hearts to our insecurity and vulnerability. We need to understand that we are not “mad” or “bad”, that we are simply wounded and hurt and afraid and distressed, often at levels we are unaware of. Our awareness and understanding of this leads towards healing and being able to live increasingly satisfyingly in the present,

On the one hand there is support, with understanding and empathy, and on the other there is challenge, with the issues of choice and self-responsibility. Choice remains central for a long time, it flows from the struggle to know what we really want, and don’t 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 and a victim, 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 and we part of this process! We all have an enormous capacity to grow and develop towards our potential to be.



Change is paradoxical in that we can’t change by directly trying to. We know that doesn’t

work. Real change is a developmental process that works through healing and integrating ourselves, heart, head and body, into a new whole. The awareness and understanding that we find from knowing more about what we feel, from clarifying our thinking, and very importantly, from become more sensitive to our bodies, all has to be integrated and made sense of by our whole self. The transpersonal aspect to each part of us also needs to be brought into awareness and integrated.

An innate part of us is our conscience, which is basically our ability to know what’s true and what’s not. With this, and support, and new awareness, and facing the reality of ourselves, change organically 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

I continue to find exploring the relationship between therapy and the transpersonal fascinating. They are both about discovering and exploring meaning. I was born in 1953 and am married with two older children. I became BACP accredited in 2009, AHPP in 2012 and UKCP registered in 2013.