



## C O U N S E L L I N G

I will explain how counselling can empower you and restore your self-belief, how it can bring you inner peace and fulfilment, how it can set you free and allow you to live in harmony with yourself and others. We will discuss what made you come to see me and how I can help. You will then decide if you want to stay for more sessions.

If you'd rather visit me first virtually, please be my guest at:

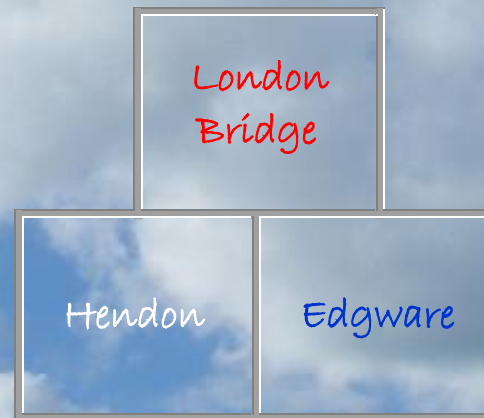
[www.hopscotch123.com](http://www.hopscotch123.com)

My name is Gosia. I am a qualified psychotherapy counsellor (BACP registered member). For many years I worked in the corporate world and experienced its pressures. I know what the loss of a job feels like or the stress of being pushed to your limits. Most probably I have also shared the pain of other losses in your life – the death of loved ones, the regrets of missed opportunities, despair of broken relationships. As an émigré myself I have a deep understanding of homesickness and feelings of cultural difference. I strongly believe in the healing value of humour, playfulness and childlike curiosity and I encourage such an attitude towards life in my clients.

*“And since you have come out of childhood you forget that in order to get to Heaven you have to have a pebble and a toe.”*

Julio Cortázar

Is life too much sometimes? Are you struggling to make sense of it all? Is the burden too heavy to bear? Do you feel you have lost your way and a sense of purpose, and that everything is futile? Do you wonder why your dreams are dead and joy long gone? If so **counselling** can help. Why not come across the road for a chat during your lunch break or before work or just afterwards?



*“The two most important days in your life are the day you are born and the day you find why.”*

Mark Twain

*“There’s nothing wrong with you that what’s right with you can’t fix.”*

Baruch Shalem

As a counsellor I've helped people from various walks of life and of different ages. I've made a difference to the lives of young people striving for individuation and uncertain about their personal and career choices. I've also assisted clients going through the midlife crisis to find meaning and hope. Together we've awakened their potential and their spiritual growth. They've left with their self-esteem and autonomy restored, and with a deeper understanding of themselves.

I can help best with:

- Personal development
- Mindfulness in daily life
- Worry and stress
- Lack of self-belief
- Anxiety and depression
- Loss and bereavement
- Spiritual crisis
- Midlife passage

I look forward to working with you!

*"There is no certainty; there is only adventure."*

Roberto Assagioli

Locations:

**London Bridge Practice:**

I work from The Psychosynthesis Trust based in London Bridge:

92-94 Tooley Street, London SE1 2TH

**Hendon Practice:**

I work from The Institute of Psychosynthesis based in Hendon Central:

65a Watford Way, London NW4 3AQ

**Edgware Practice:** Please enquire

*"Happiness is not an ideal of reason but of imagination."*

Immanuel Kant

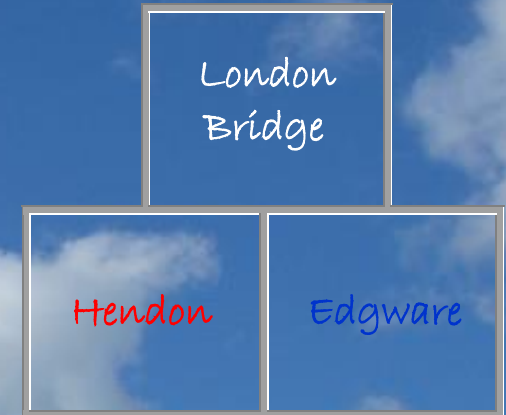
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**Languages:** English and Polish



*"We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.  
T.S. Eliot*