

Contact  
Richard Askew  
PGDip, MBACP

Telephone  
01273 206174

Mobile  
07565 353389

Email  
richard@actualize.org.uk

Skype  
rdaskew73

Web  
www.actualize.org.uk

***Be the change  
you wish to see  
in yourself***



Psychotherapy & Counselling  
Couples Counselling  
and  
Life Coaching

Richard Askew  
PGDip, MBACP



**Raise your spirits, rejuvenate your mind**

# The Actualize Approach

## *About counselling and coaching*



*Counselling and life coaching are journeys of self-discovery that can help us live with greater choice, happiness and freedom.*

People seek counselling and coaching for a wide variety of reasons, but whatever the source of our difficulties, the point - of course - is to change things so we can live richer and more rewarding lives.

My role is to help you find *your own* way, rather than telling you what you should do. There's only one person who know what's best for you, and that's you. But I will share insights and observations to help you clarify your thoughts and gain new perspectives and understanding.

By allowing you the time and space to reflect on your own experience and to find your own way (rather than telling you what you should think or do), I encourage you to gain more control and choice in your life.

You'll find more information on my website, and of course you're welcome to call.

### ***About Me***

My name's Richard Askew and I'm a professionally qualified psychotherapeutic counsellor and life coach, supporting

women, men and couples of all ages and backgrounds to make positive changes in their lives.

I offer a confidential counselling and life coaching service, based at the *Dialogue Centre* in Brighton; I can also offer telephone and online *Skype* support.

My intention is to offer a safe therapeutic sanctuary where people living through difficult times can explore their problems in a safe space.

### ***About my practice***

I've worked with many women, men and families, helping them to make positive and lasting changes in their lives. Areas I've supported clients through include:

- personal development
- depression
- relationship problems
- loss and bereavement
- low self-confidence
- loss of identity
- anomie (feeling alienated or disconnected from society)
- dissatisfaction with life
- low self-esteem
- relationship breakdown and separation
- anxiety
- anger
- surviving abuse and violence
- mental health issues
- stress
- difficult life changes
- work-related issues
- living with chronic illness and physical disability

- substance misuse
- and planning for the future...

### ***First steps***

When we speak for the first time, we'll begin by talking through your current situation and what you can expect of me; this will help you decide that you want to work with me, and I can ensure that I'll be able to support you and your unique needs.

We then book your first session, at a discounted rate, giving us a further opportunity to decide we can work together.

### ***Specialist Services***

I offer specific therapeutic and coaching support for women and men engaged in ***collaborative process*** divorce proceedings, supporting you through the process and beyond.

I provide ***Skype counselling and coaching*** for British ex-pats, permanently living abroad or temporarily living away from home.

I also offer specialist ***counselling and coaching for carers*** living in Brighton and Hove, at a concessionary rate.

### ***Other Information***

I'm fully insured and am a member of the British Association for Counselling and Psychotherapy (BACP).

Please visit my website for an up-to-date price list.