



Personal therapy & supervision

for trainee counsellors and psychotherapists

Reduced rates for students in training



Training is an exciting journey, but it can also be demanding. Many courses require personal therapy and regular supervision as part of your development, and I offer both at trainee rates that recognise the financial pressures of being in training. I am course-approved and happy to adapt to your course requirements. I am Miriam Wright, an integrative counsellor and psychotherapist based in Derbyshire, with an MSc, PG Cert, PG Dip and BSc in Psychology. I am BACP Senior Accredited (Reg. 70306) and an experienced clinical supervisor, drawing on CBT, Person-Centred and Psychodynamic/Attachment theory.

Personal therapy for trainees

A confidential space to process your own material, understand your triggers and experience good therapeutic work from the client's chair.

- **Confidential, one-to-one sessions**
- **Face-to-face in Duffield, Allestree, Derby or online across the UK**
- **Trainee rate: £60 per session**

Individual supervision

Reflective, relational supervision for students on accredited counselling and psychotherapy training routes.

- **Trainee rate: £60 per hour**
- **£45 for 45 minutes**
- **In-person in Duffield and Allestree, Derby, or online**

Small group supervision

Small, carefully held groups of 4-6 therapists. Group supervision offers peer learning and shared practice.

- **Face-to-face in Allestree, Derby, or online (UK-wide)**
- **£30-£40 per hour depending on group size**
- **All fees include report writing and access to resources**

Ready to arrange a conversation?

The first step is a free 15-minute enquiry call.

Scan the code to visit www.wellnesscp.co.uk



Wellness Counselling and Psychotherapy

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