

**Shirley Hough (pictured) has lived in Duffield for 31 years. She is married with 3 children and has an incredibly large German Shepherd dog called Jasper who can often be seen taking Shirley for a walk around the village!**

Shirley first came across 'counselling' when she was offered the service while experiencing a traumatic time in her own life. She realised the benefits from counselling, became very interested in how it worked and wanted to pass it on to others so 13 years ago she began what she describes as "a long and gruelling two year period of study" at Wilmorton College where she gained qualifications in counselling skills, theory and finally the Diploma in Counselling.

Once qualified, Shirley decided to start her own business – Lianelle Counselling & Therapy. Shirley's counselling room is situated in a separate building in the garden of her home which overlooks the fields and hills towards Quarndon – very peaceful and quiet.

Shirley comments: "I have often been asked 'What is counselling?' and 'What do you do?'. Shirley's definition is as her advertisement states: "It's a safe way to work through a large range of problems. I aim to provide a non-judgemental and confidential service which promotes healing, freedom from self criticism to

encourage confidence and self esteem. It is a process which enables a client to examine, talk openly and freely about areas in their lives which are causing unhappiness and stress."



One of Shirley's clients said she thought everyone should go for counselling to relieve everyday stress and strain. Another said she felt a miracle had happened as someone was actually listening to her and offering support.

Over the years Shirley has worked with people of all ages from different walks of life and with various problems. Shirley also provides a home service for clients who have difficulty travelling.

Shirley explains: "Some people, although they feel they may benefit from counselling can still feel quite nervous about it all, so I have always said come for the first session and see how it feels and if it's not for you then that's perfectly ok."

**Anyone wanting further information about counselling or the service that Shirley provides shouldn't hesitate to phone her for an informal but confidential chat on 01332 840485.**