

# Emotion Focused Therapy Treatment Plan Template

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we are a not for profit organisation providing counselling talking therapies and coaching for individuals couples young people and local businesses who are seeking mental health and well being support

maybe you are struggling with anxiety or depression or feelings of loss following a bereavement perhaps you are experiencing a specific crisis or feel like you have lost your way in life and don t

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21 jan 2026 careful considered contained therapeutic support can help people to cope with current stresses and to develop lasting psychological change a sense of emotional well being and a better

counselling is more than talking therapy it s a co created relationship you may have experience of toxic or unhealthy relationships with others or yourself which is why being met in a genuine

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