

Maharukh Daley  
B.A., Dip. Couns., M.B.A.C.P.

*Helping you towards understanding, acceptance and change*

*Counselling is a safe way to explore life's issues, great or small. It can give you the space, freedom and safety in which to explore and understand your feelings and experiences. It can be helpful for a wide variety of issues such as bereavement, loss, anxiety, abuse, relationship difficulties, low self-esteem, lack of assertiveness and other issues. With a deeper awareness you can begin to find out the best way for you to move forward towards your goal and a greater well-being.*

*My fundamental approach to counselling is 'Person-centred' (Humanistic), though I work in an 'Integrative' way. The 'Integrative' method acknowledges that all the different approaches in counselling have something to offer and the best method to use will depend on the issues at hand.*

*I am a member of the British Association for Counselling and Psychotherapy and I am bound by its Code of Ethics and Practice.*

*I realize that coming to counselling for the first time can be a daunting prospect. Please feel free to call and discuss any questions or anxieties you may have about counselling.*

*I can accommodate early morning and evening appointments and undertake short- and long-term work.*

*125 Mytchett Road,  
Mytchett,  
Camberley,  
Surrey GU16 6ES*

*Tel. No. 01252 513042*