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Experience

Volunteer Counsellor at PACE, 1992-1987 and again from 2004; psychotherapist for the Uganda AIDS Action Fund since January 2006; member of PACE private register since 1993; member of Association of Chiron Therapists and practitioner at Chiron Clinic since 1999; member of Pink Therapy Directory of Therapists since 2003.
In private practice since 1993; ex-group facilitator at London Lighthouse; facilitator and deviser of gay men's residential workshops for Edward Carpenter Community.

Specialisms and interests

Loss and bereavement; sexual identity and sexual dysfunction; sexual abuse and trauma; post-traumatic stress disorder; cross-cultural issues; refugees and exiles; couple and relationship counselling; adolescents (have experience of working with teenagers 13+ but not children); family dynamics; body image; psychosomatic illness; AIDS, HIV and other chronic illness; career planning and ambition.

Fees

Initial consultation £50 (this may take one or more sessions). Ongoing sessions £45. I do not operate a sliding scale but can negotiate some lower-priced daytime places for the low waged.

Location and access

I work from the clinics run by the Chiron Centre for Body Psychotherapy at Queen's Park, NW6 (nearest stations Queen's Park or Kensal Rise) and Ealing W5, (5 minutes from Ealing Broadway) and also at Muswell Healing Arts at 169 Avenue Mews, Muswell Hill, N10. The first two addresses have relatively easy disabled access (two low steps).

To arrange a consultation:

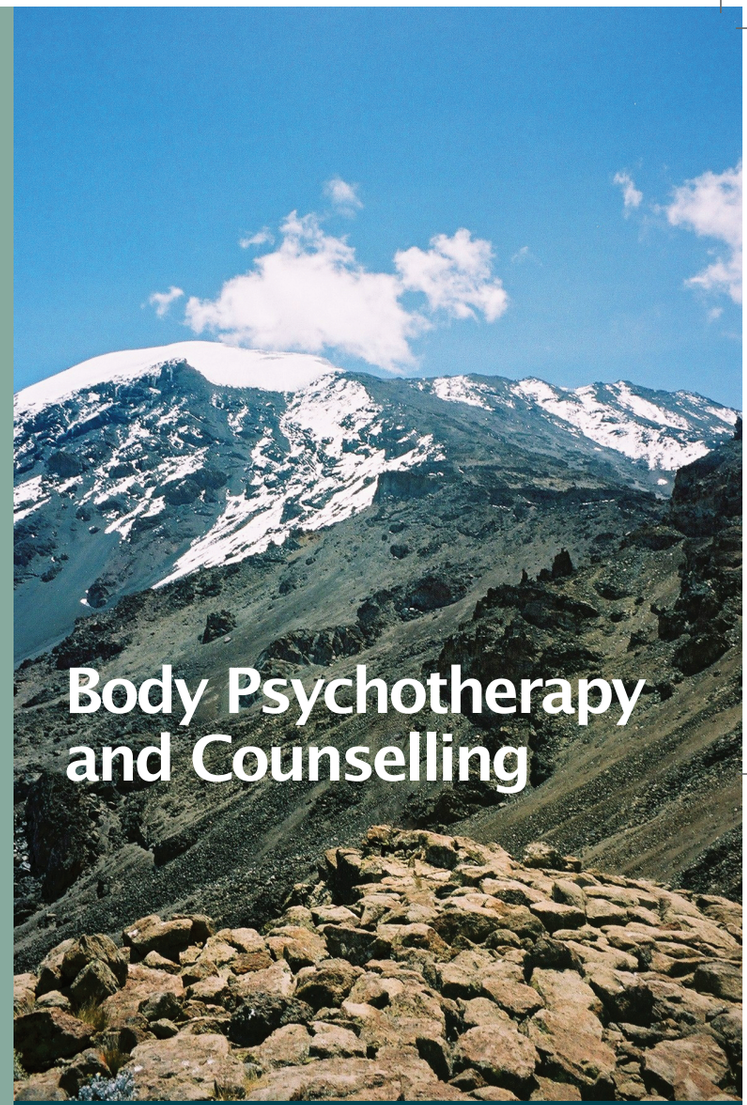
Telephone:
020 7503 0262

By email:
enquiries@ferguscairns.co.uk

For more information see:
www.ferguscairns.co.uk

For more information about body psychotherapy and the Chiron Centre see:
www.chiron.org

Body psychotherapy and counselling



Body Psychotherapy and Counselling

fergus cairns

M.A, Dip. Couns, Dip. Psych. *UKCP Accredited*

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What is psychotherapy?

Psychotherapy provides a supportive and confidential relationship, a safe space in which you can explore many aspects of your life. As you talk and share your feelings with a psychotherapist, new perspectives and understanding will emerge. Old fear acquired in childhood may be unlearned, and new ways of relating to others may be attempted in the safe and 'experimental' environment. Overall, the aim of psychotherapy is to increase your awareness of the choices, personal power, skills and gifts that were always yours, but which may never have dared to develop.

Counselling and psychotherapy – what's the difference?

Essentially they are the same activity and the difference is of degree, rather than kind. Counselling is more often conducted for a limited number of sessions and while looking at the client's background, its primary function is to identify and help the client solve immediate problems. Psychotherapy is a longer-term and usually open-ended commitment, meaning that the client decides when it is time to finish. It will look in greater depth at the client's history and patterns, and the relationship between client and therapist becomes a much more intrinsic part of what enables the therapy to work.

What is body psychotherapy?

Body psychotherapy derives from the ideas of Wilhelm Reich (1897-1957), whose vision of the identity of mind and body has been broadly vindicated by subsequent discoveries in science. The core assumption of body psychotherapy is that it makes no sense to deal with mind and body as separate things: they are one.
Our minds are physical objects whose ability to think, remember, imagine and relate may be hindered, temporarily or for a lifetime, by bodily illness and trauma. Equally, the body is a physical expression of the personality within; its health may be compromised by old behaviours which once helped but which must be changed for us to move on in life.

How I work

I am not a 'healer' or complementary therapist, and in most ways try to facilitate the same sort of 'talking cure' as counsellors and psychotherapists of all schools.

I may supplement conventional one-to-one dialogue with techniques such as guided imagery, physical exercises and role-plays, biodynamic massage and so on. No one technique is essential and I am always guided by you as to what will best facilitate your development. I don't always use touch in my therapy; neither do I rule it if it helps.

After the first consultation I usually set up an initial contract to meet for 12 sessions. Towards the end of this we will review to see if we want to move to a longer-term, open-ended therapy contract or towards closure.

Body psychotherapy and counselling



About the practitioner

Fergus Cairns is a fully qualified counsellor and psychotherapist, accredited by the United Kingdom Council for Psychotherapy (UKCP). He studied humanistic counselling and supervision at Roehampton Institute, University of Surrey, from 1991 to 1993 and body psychotherapy at the Chiron Institute from 1995 to 1999. He holds diplomas in humanistic counselling and supervision and in body psychotherapy.

fergus cairns