



Adrian Gorman is an accredited Psychotherapist and Personal Coach.

He is part of the Faculty board for both the William Glasser Institute UK & European Institute for Reality Therapy, and is a registered member of the Association for Coaching.

Adrian is the European Registrar for the Reality Therapy Psychotherapist Accreditation programme (RTP), and holder of the European Certificate of Psychotherapy (ECP)

#### Training & Consulting

As well as working with groups undergoing Reality Therapy Certification training in the UK and USA, Adrian has worked with groups in Finland, Macedonia, The Netherlands, Malta and Kuwait, - where he was the examining Instructor for the first group in Kuwait to achieve Reality Therapy Certified status.

#### Counselling & Coaching Session Costs

- Individual Counselling: £46.00 per session
- Couple Counselling: £65.00 per session
- Coaching/Supervision: £52.00 per session
- **Discounts** are available under certain circumstances.
- **Session time:** Normally a counselling session lasts about 50 - 60 minutes, but on occasion there may be a need to run over time. This is why the cost is per session not per hour - you do not have to worry about the clock ticking by !



Registered & Accredited with:

European Association for Psychotherapy  
William Glasser International  
European Institute for Reality Therapy  
Association for Coaching

Full Professional Liability & Indemnity Insurance  
Zurich Insurance (plc)

# Finding a Way Forward

*Hope  
Opportunity  
Choice*

Adrian Gorman  
Cowden Hall Cottage  
Cowden Hall Lane  
East Sussex TN21 9HH

Tel: 01435 813139  
Email: training@ctrtr.co.uk

Website: www.ctrtr.co.uk



## Counselling Coaching Support

Telephone for an appointment on 01435 813139 - first consultation session £15.00

## Why Counselling

Counselling often helps you gain a better understanding of your past and present conflicts, to recognise, appreciate and use your own resources, and to be able to consider new possibilities for dealing with difficult situations.

This may involve clarifying choices and opportunities for bringing about positive change, or alternatively it may help you come to terms with those aspects of your life that you are unable - or do not wish to change.

Counselling can help you evaluate the thoughts and beliefs you may have that might be counter productive, or even destructive in your life.

## Finding a Way Forward

### If you are

- Struggling to adjust into a new role or job
- Struggling to adjust into a new way of life
- Having difficulty with relationships
- Experiencing grief or loss
- Having difficulty coping with stress
- Having work related difficulties
- Suffering from depressive moods / fatigue\* / lack of enthusiasm / unwillingness
- Experiencing pessimistic thoughts

### then counselling can help

\* if you are suffering from fatigue it is important to visit your GP especially if you are experiencing other physical symptoms

## Why Reality Therapy

Reality Therapy, which is underpinned by an internal control psychology called Choice Theory, focusses on the current issues and conflicts effecting your life which prompt you to seek help, rather than just on the issues that you have experienced in the past, and it encourages you, through therapy, to change any behaviour that is preventing you from finding solutions to these issues.

Reality Therapists hold that when a person in therapy can incorporate the behaviours, ideas and processes developed through therapy sessions, in his or her life successfully, they will often be able to improve their relationships and experience a more fulfilling life.

To read more about Choice Theory and Reality Therapy visit the CTRT website

[www.ctrt.co.uk](http://www.ctrt.co.uk)

Adhering to the European Association for Psychotherapy  
Ethical Framework and Good Practice

## Focus Groups

Short term evening workshops with other adults who want to learn ways to create better, sustainable relationships in their lives whether at home or in work.



These group workshops focus on the ideas of William Glasser's Choice Theory psychology and how those ideas relate to our own lives.

### In these workshops we explore:

- What motivates us throughout our lives
- How to evaluate our own behaviours and direction we are moving in
- How to see more possibilities for change, and make more effective choices in our lives

