



# Psychotherapy and Counselling



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## **Emotional help for mums and dads.**

Even with good support from family and friends, new parents can find it overwhelming to meet the challenges and changes this demanding role brings and gain perspective on existing problems. Some people feel extra support makes this life transition easier as well as deeply empowering.

I have expertise in assisting with fertility issues; post natal depression and helping couples cope with grief from miscarriage and still birth. I also work much more generally to improve the post natal experience for women, men and babies, as well as helping with birth preparation and understanding the role of fear in the body in birthing women. Fear is a major inhibiting factor that can become transferred in physically obstructive ways unless actively discharged, safely and naturally (which the body is built to do well). Birth can be a wonderful, exciting celebration but unnecessary stress or trauma around the event can rob parents of a positive experience and this can lead to consequences in the dynamics of new family future life.

With 15 years in practice, I have worked with individuals and couples as well as in schools with children and adolescents of all ages and backgrounds.

I offer a safe, confidential space to explore and address people's anxieties and concerns - especially problems often difficult to reconcile or remedy within existing everyday, personal and social support groups and networks.

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