



James Woodeson

Gestalt Psychotherapy

Limited availability from 16th November

1 hour sessions

To express interest, in confidence, go to <https://menscraft.org.uk/support/make-a-referral/>

How do I work?

I develop open and honest relationships with clients. My approach is based on Integrative and Gestalt therapeutic approaches with a focus on the integration of body and mind.

We explore who you are and how you want to be in the world in relation to yourself and with other people. I pay attention to diversity and power dynamics to support clients in becoming aware and familiar with themselves.

I seek a balance between challenging and supporting clients. I work with experimentation, movement and sensations which clients may feel in their bodies. It is a creative approach where you and I may play with different ways of expressing ourselves and exploring how this impacts you and may create new choices in your life.

I work face to face at a central Norwich location.

About James

I am a fourth year trainee psychotherapist and have been a professional, accredited coach for the past seven years. I am partnering with Menscraft for my psychotherapy training placement in order to support those who use the organisation and to develop my own experience in therapy practice.

I am developing a creative and relational approach to support clients struggling with relationships and life crises. My coaching and life experiences enable me to also take referrals from clients experiencing a wide range of difficulties.

I am studying my Masters in Gestalt Psychotherapy at the London Gestalt Centre with the intention of becoming a fully qualified psychotherapist on completion of the five year programme.

I grew up in Norfolk. I have worked in a variety of countries before moving back to Norwich in 2022.

Qualifications

Trainee Psychotherapist - The Gestalt Centre, London

Gestalt Practitioner in Organisations (GPO) - European Association of Gestalt Therapy (EAGT)