

The PSPA Counselling Service

PSPA is pleased to be working in partnership with Rareminds www.rareminds.org to offer a **free, Confidential Counselling Service** for family members and individuals aged 18+ impacted by PSP and CBD.

6 - 12 sessions can be provided either via GoogleMeet, or by telephone. Both evening and daytime appointments are available (weekdays only).

As living with PSP or CBD happens within the context of your everyday life, it's inevitable that the 'ups and downs' of both impact on each other. You can talk to our counsellors about anything that you are struggling with in living with the emotional impact of PSP or CBD. This might include:

- Impact on your family, social or work relationships
- Anxiety or low mood
- Identity (including feeling different, lonely or isolated)
- Dealing with difficult, unpredictable or increasing symptoms
- The psychological burden of being the 'PSP or CBD expert'
- Coping with unpleasant tests or treatment
- Making difficult choices
- Worries about the future

The PSPA Counselling Team are **David Phipps** (Lead Counsellor) and **Poppy Brett**. Both are trained and experienced therapists who have undertaken additional training with Rareminds on Counselling for Rare Diseases.



David Phipps MBACP, EAC (Accred.)

has many years' experience working for IAPT, GP surgeries and in hospital/residential psychotherapy services. He has had a long-term interest in supporting those living with physical health conditions to live well, and now works primarily Online with rare or chronic disease patients and family members across Europe.



Poppy Brett, BACP Memb.

Poppy is trained as an Integrative Counsellor, experienced in supporting individuals facing a range of difficult life issues, including bereavement and addiction. She has also worked with both prisoners and their family members, and those on probation. Poppy has lived experience of rare genetic conditions in her family.

It's not always easy to access counselling. The PSPA Counsellors provide a safe, confidential relationship to work through difficult thoughts or feelings, and explore new ways of approaching your difficulties.

If you would like to arrange an Initial Consultation, please contact Lead Counsellor (David) on david@rareminds.org marking your email 'PSPA Counselling'.