

“Our family has stayed together.”

- A candid interview with Martin -

When the stresses of life felt very overwhelming, Martin approached Home & Family Counselling (now known as Wingspan) for help. We ask him about his experience and if counselling made a difference.

What made you seek counselling when you did?

I had a cardiac incident and was taken to hospital. After an ECG confirmed there was nothing wrong physically, the Hospital Staff and my GP recommended anti-anxiety medication and counselling.

How was the issue impacting your life?

I was under extreme pressure due to a horrible home environment and pressures from my job.

What goals/outcomes did you want to achieve from counselling?

Essentially I wanted to keep my marriage together, and do something proactive to ease the situation in the future.

Had you/ your partner/ family tried any other ways of resolving the issues?

We had received input from Adult Mental Health services, and were enrolled in a DBT course as parents, to support our two sons who both have high needs.

Did you have any expectations about what counselling would achieve?

A reduction in anxiety and stress, resulting in better ability to cope together as a couple and family.

How did you choose your counsellor?

My counsellor was selected for me, and we developed an instant rapport, being similar to myself in several ways of thinking and experience. He always presents me with fresh, new ideas and informally presents challenges to do better.

How has counselling helped you/ your relationships/ your family?

Our family has stayed together, and I have a much greater understanding of my sons and their difficulties

Has counselling had any ripple effects on any other areas of your life, i.e., other relationships, your work etc?

I have been given alternative perspectives on the actions of other people in work and personal relationships, and find I can listen more, while judging less, which increases the levels of understanding and the depth of interactions with others.

How have you found our counselling service overall?

The people at Reception are excellent! Being very warm and friendly, they are able to make you feel at home straight away, in a situation that would make people nervous to begin with. The Counsellors are great as well, when we meet in passing, and always treat you with respect. They are



understanding of financial issues too, and very kind in that regard.

How do you feel about where you are at now and your future?

I am still working through the issues I arrived with, on a daily basis, however I now have several new ways of dealing pro-actively with the stressors that are an ongoing part of my life.

Home & Family Counselling (now Wingspan) is a great place and great people.

Although sometimes surprised, I never leave disappointed. I am a far more positive person than when I started. Thanks for helping me up!

* A pseudonym & stock photo image have been used to maintain client confidentiality.