

# HOW CAN THERAPISTS AVOID PERPETUATING THE STIGMA?

- SARAH FELTON



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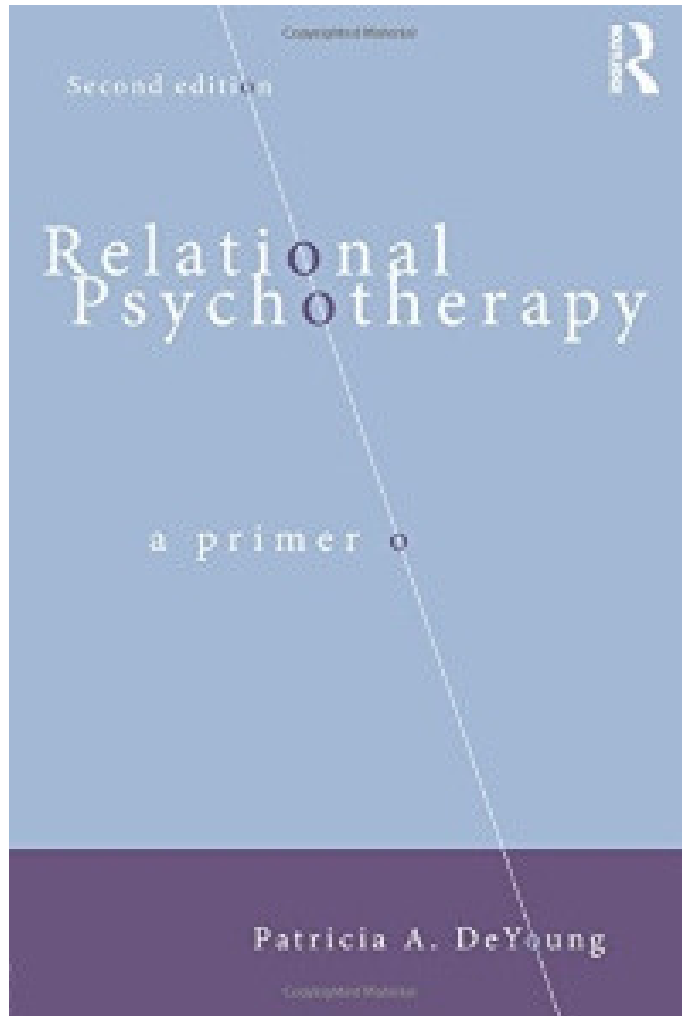
# About Sarah Felton

I am a Counsellor based in Bradford, West Yorkshire. I work relationally, I believe the relationship is important to therapy. The use of self in therapy is crucial but it must be in service to clients. The therapy space is a microcosm of the clients' world. It provides a safe space for the client to explore their interactions with themselves, others, and situations. With knowledge, they can choose to change, or not. Awareness is empowering.

I have a small private practice. I also have a developing specialism in Identity and an interest in self-care. I love walking for my own self-care.



# Reading



## Relational Psychotherapy - Patricia A. DeYoung

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