



Phoenix Therapy Practice is pleased to be able to offer free counselling for Ukrainians who are living in the South East of England.

Who is eligible: Ukrainian adults and children who are under the Homes for Ukraine (HfU) scheme or Ukraine Permission Extension (UPE) route.

Please email Phoenix Therapy Practice to arrange an initial appointment, letting us know which language you prefer to speak in (Ukrainian, Russian or English):

Ukraine@phoenixtherapypractice.co.uk

Sessions can take place online or face-to-face at one of our centres in Brighton & Hove.



We are offering sessions with Elena Kononenko:

"My name is Elena Kononenko. I am a certified psychologist and psychotherapist from Ukraine with 6 years of experience. I offer counselling in Ukrainian or Russian, according to the client's choice.

We invite Ukrainian men, women and children (aged 11 years and over) who are experiencing emotional difficulties for an initial consultation at Phoenix Therapy Practice. Following that consultation, I can offer up to 12 sessions at no cost.

I offer:

- Counselling, stress and trauma work using EMDR and Bodydynamic body orientated analysis.
- I work with a range of difficulties including relationship problems, low self worth, apathy, choices, boundaries, anxiety, depression and trauma.

For me, each person's experience is valuable. Every emotion and feeling is important information from your psyche that you can learn to understand and use for your benefit. I look forward to seeing you for sessions."

Other practitioners at Phoenix Therapy Practice will be offering sessions in English.

This is not a 24 hour or emergency service and Phoenix Therapy Practice is not able to provide immediate crisis support.



**Funded by
UK Government**



**South East
Strategic Partnership
for Migration**