

Who will the counsellor be ?

This is a voluntary counselling service run by **professional counsellors** some of whom have additional training in :

- Schools and Young Peoples Counselling
- Cognitive Behavioural Therapy
- Relationship and Couples Therapy

We are an organisational Member of the BACP and work to their code of ethics

British Association of Counsellors and Psychotherapists provides a code of ethics for counsellors and psychotherapists

When & where will it take place ?

**The Counselling Suite
12 English Walls
Oswestry, Shropshire.**

Tel: 07530448000

Email: info@uandicounselling.org.uk

Website: www.uandicounselling.org.uk

INITIAL CONTACT BY PHONE OR E.MAIL ONLY PLEASE

- Sessions will be offered with a review, after which sessions can continue, or end by agreement.
- Sessions can be offered weekly or an alternative frequency by agreement.

Would it help to talk through your problems ?



*Offering a safe space
to explore your
problems...*

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*Offering a safe space
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Addiction

Anger

Anxiety

Bullying

Depression

Grief and Loss

Loneliness

Low Self Esteem

Low Mood

Trauma

Personal Problems

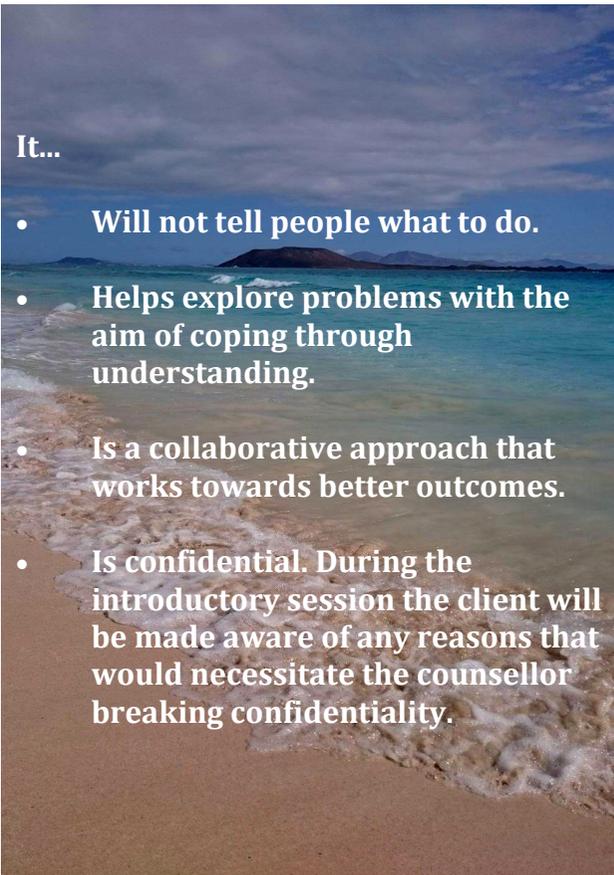
Relationship Issues

Stress



What is counselling ?

This professional integrative counselling is a therapeutic approach:



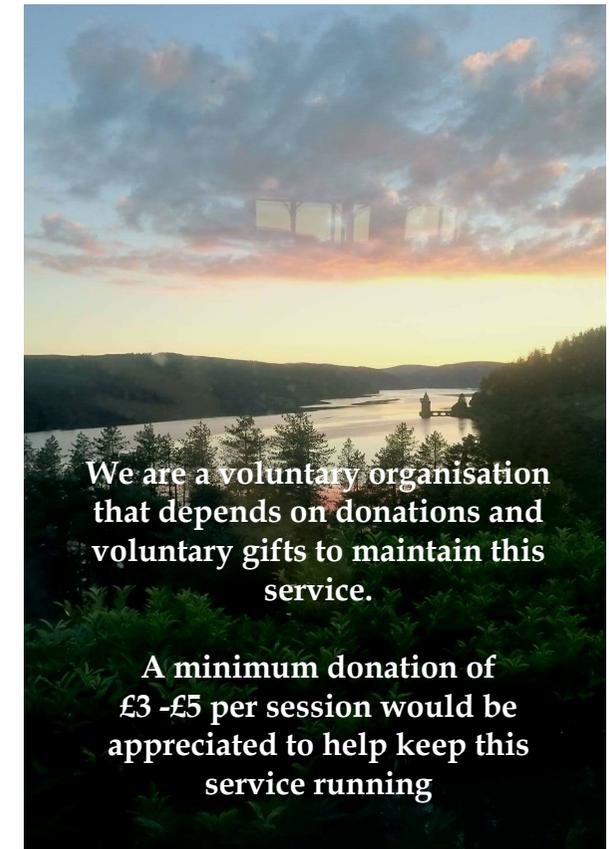
It...

- Will not tell people what to do.
- Helps explore problems with the aim of coping through understanding.
- Is a collaborative approach that works towards better outcomes.
- Is confidential. During the introductory session the client will be made aware of any reasons that would necessitate the counsellor breaking confidentiality.

Some important information...

- The counsellor will be non judgemental of, have empathy with and listen to the client with unconditional positive regard.
- Issues covered may include any the client may have; either concerning their social, home, work or school life.
- It is available to anyone regardless of faith, belief, age, sexual orientation, disability, race, advantage or disadvantage.
- Referral can be self, agency or by a doctor.
- Young people can request counselling for themselves but may need parental consent. This can be clarified on request. Information will not usually be shared unless the young person gives written consent or there are legal issues.
- Any person's participation is entirely voluntary.
- The organisation is able to offer a flexible partnership with any school, agency or health care service provider. Please enquire.
- Ethical and legal terms will apply regarding confidentiality.

What will it cost ?



We are a voluntary organisation that depends on donations and voluntary gifts to maintain this service.

A minimum donation of £3 -£5 per session would be appreciated to help keep this service running