

Who comes for counselling?

Young people, adults and couples of all ages and from all different walks of life.

What things can I talk about?

Anything you feel that you want to. You may not know exactly why you feel the way you do and may just want some space to talk things through. Below are some of the reasons why people come to counselling but it is not an exclusive list. Everyone is different with different needs and experiences.

Feeling low or lack of motivation	Stress - work/home/family related
Lonely or isolated	Bereavement/loss - family member/friend/job/pet
Phobias	Anger Management Issues
Relationship issues	Gender/sexuality issues
Low self-esteem/confidence	Depression
Addictions	Eating Disorders
Anxieties	Unstable Personality Issues
General life worries	Abuse - physical/sexual/emotional/financial

What does confidential mean?

Counselling services offer confidentiality, however there are limits but this is all explained fully by the counsellor at the first meeting.

Can you give me advice?

The counselling role is not an advice giving service. The role as a counsellor is to work with you, to listen, reflect back, to help bring clarity and perspective and to be alongside you on your journey. By exploring your issues through the counselling process you will be able to reach your own solution.

How many sessions will I need?

As an individual you will respond to counselling in your own way. You may see benefits after a few sessions or you may need longer. Everybody is unique so the number of sessions you will require will be tailored to you. Counsellors review their work with the client regularly to make sure it is still helpful for you to continue.

How long do sessions last?

The counselling session lasts one hour (including arranging the next appointment). These can be at the same time each week or can be flexible to fit in with your lifestyle. It is felt that weekly is best to begin with as this helps to build up the relationship with the client/counsellor.

Session can be held face to face or they can be on-line. On-line gives you the option of having telephone counselling or using a video platform to see your counsellor remotely. This way of working is just as effective as working face to face. It can

offer a bit more flexibility for you as the client because you do not have to travel to the counsellors' room. It is also convenient for people who have mobility problems

How do I pay for my sessions?

If you are seeing your counsellor face to face you can pay them in cash at each session. If you are working on-line you can pay via bank transfer. Your counsellor will explain all this to you

All of the above can be discussed with the counsellor before you agree to anything