



Some questions to consider when making a client referral to our counselling services for adults

When considering making a referral to our adult services, please consider the following:

1. Does the individual understand what counselling is? The '**What is Counselling?**' page on our website provides information about the benefits of counselling.
2. Are the **presenting issues suitable** for brief counselling? – see **Table A**. Please refer to **Table B** for issues not suitable for brief counselling.

We are primarily a brief counselling service; offering an assessment, plus six counselling sessions, to adults with a wide range of issues such as anxiety, bereavement/loss, mild to moderate depression, relationship issues and stress [see also **Table A**].

We also offer longer-term counselling [an assessment plus up to 30 counselling sessions] for survivors of sexual abuse, and an assessment plus up to 10 counselling sessions to adult victims of crime, such as domestic and/or sexual abuse.

3. Is the individual **ready** to access counselling?
4. Are they self-motivated? **Client motivation** is key for treatment effectiveness
5. Is the individual prepared to do the work themselves, rather than expect others to do things for them? Counselling is a **collaborative process**.
6. Are they able to tolerate the **emotional distress** that counselling might release? Initially, clients start to feel worse before they begin to feel better.
7. Does the individual have **complex and multiple issues** but is still able to focus on a particular issue and thus suitable for brief counselling?
8. Are they a **survivor of sexual abuse**? We provide longer-term counselling to survivors under a project funded by **Lloyds Bank Foundation**. Survivors can also access other services [see our website] provided by **Survive** under the project.
9. Is the individual a victim of crime? They might be eligible for help and support, including up to 10 counselling sessions from ourselves, via the **Supporting Victims** service. Victims can self-refer or be referred by any statutory or voluntary agency by calling **01609 643 100** or visiting the website: **www.supportingvictims.org**

Table A: Issues suitable for brief counselling¹

- ✓ Anger
- ✓ Mild to moderate Anxiety/Stress
- ✓ Bereavement and other types of loss such as redundancy
- ✓ Low self-esteem/negative self-image/feelings of being different
- ✓ Personal development
- ✓ Emotional impact of physical illness, chronic health problems or disability
- ✓ Mild to moderate depression
- ✓ Relationship difficulties
- ✓ Sexuality
- ✓ Significant life changes
- ✓ Work-related issues

Table B: Issues not suitable for brief counselling²

- No clear focus
- Unrealistic expectations
- Lack of motivation to change
- Inability to accept responsibility for actions
- Have chronic and severe anxiety, depression or psychosis
- Are overtly suicidal/self-harming and require emergency intervention
- Have serious violent or aggressive tendencies
- Have incapacitating phobias/obsessive symptoms
- Have severe eating disorders
- Have a history of psychiatric breakdown
- Are abusing drugs or on a high level of medication
- Have alcohol as their main presenting issue
- Have severe learning disabilities
- Present with sexual dysfunction
- Have personality disorders

¹ Not an exhaustive list

² Similarly not an exhaustive list