



Information Sheet: What is Counselling?

Counselling is an opportunity to talk about difficult issues - and your feelings about them - in a safe and confidential environment with a trained professional who will listen in an accepting and non-judgmental way. Counselling helps you to examine areas in your life that are causing you distress, to identify what inner resources you possess and what external support you already have or can acquire for yourself in order to reduce that distress. Sometimes, counselling simply means that you are able to see the same situation in a new light, which in itself helps.

The types of issues people typically bring to counselling at Community Counselling Ltd include:

- Anger
- Anxiety and panic attacks
- Bereavement/loss
- Depression
- Disability/chronic ill-health
- Domestic and/or Sexual Abuse
- Relationship issues
- Self-esteem
- Significant life changes
- Stress
- Trauma
- Work-related issues

What you can expect from us:

CCL offers a free counselling service (which provides six counselling sessions plus the initial assessment appointment) to patients aged 16 and over, living in Ryedale, and where appropriate, in Scarborough, who are referred by their GP or another NHS professional, such as a Primary Care Mental Health Worker.

CCL also provides a Specialist Counselling Service, which offers long-term counselling,

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for people who have experienced or been affected by domestic violence, sexual assault or rape, or child sexual abuse. This service is supported by a grant from The Henry Smith Charity.

We aim to provide clients with an assessment appointment within 28 days of receiving a referral. Assessments are carried out by trained and experienced counsellors during a meeting lasting 40 to 50 minutes. We aim to notify clients about the date for starting counselling, or the likely waiting time for counselling to begin, within 28 days of the assessment appointment.

Counselling sessions usually last 50 to 60 minutes and are normally held on a weekly basis. We will write to the GP at the end of counselling to confirm that counselling has been provided.

All our counsellors work to the Ethical Framework of the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP). For details of our Confidentiality Policy please see our Confidentiality Statement Information Sheet, which can be downloaded from our website or to can request a copy to be sent to you.

What we expect from clients:

Clients are expected to attend sessions on a weekly basis for the duration of the counselling. If you are unable to attend a session, please let us know in advance so we can offer the appointment to someone else and help keep our costs to a minimum.