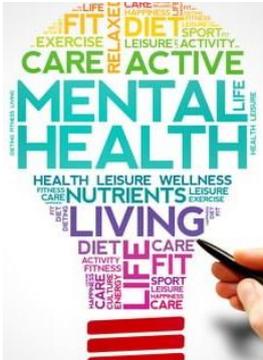


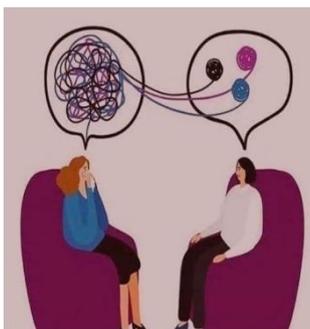
Overview



Mental health difficulties are on the rise. 1 in 4 people will experience a mental health difficulty. This is the same for both young people and adults. (Mind, 2017) and Young Minds (2018-19).



This service will provide online counselling to teenagers and adults from the age of 13. Many people are often spending a lot of time online nowadays, so why not utilise that time to take care of our mental health.



Counselling will allow you to talk through any issues in a safe and confidential manner. You will be able to talk through and explore your thoughts and feelings around issues you are facing to help you make sense of these.

About me

My qualifications and experience

- BA (Hons) Childhood and Youth Studies- 2:1
- MSc Counselling for Children and Young People- Merit
 - Member of the BACP
- Mental Health healthcare assistant for 2 years at St Andrews Healthcare-Northampton (CAMHS and adult services)
- Counsellor at the Lowdown in Northampton for 2 years (11-25 year olds)
- Mental health workshop facilitator at the Lowdown (11-25 year olds and families) - June 2019-June 2020.
- Volunteer Counsellor for key and frontline workers- April 2020-June 2020
- School Counsellor at Northampton Academy- June 2020-Dec 2020
- EAP counsellor with Vita Health Group- Jan 2021-Present

My counselling approach

- Everyone is unique so I like to use an integrative counselling therapy approach. This means that I will use a combination of approaches or vary the approach depending your needs.
- Approaches I often practice as a counsellor are person centered therapy, CBT, creative therapy, solution focused, systemic and psychodynamic.
- However, whilst approach of therapy is important, the relationship between counsellor and client is equally as important, I will therefore ensure you are safe and comfortable in sessions.

What issues do you help with?

I can help with a range of issues including but not limited to:

- Low mood
- Anxieties
- Traumatic experiences
- Work stresses (unemployment, stressful work environments, job changes due to COVID 19)
- School stress (bullying, exams, schools changes due to COVID-19)
 - Bereavements
 - Home issues
 - Substance misuse
 - OCD
 - & more

Benefits of counselling

Counselling has various benefits:

- Self-esteem development
- Better understanding of mental health
- A non-judgemental safe space to voice your worries
 - Seeing issues from different perspectives
 - Having realistic goals to achieve
- Understanding your feelings and coming to terms with experiences
- Strong interpersonal skills (empathy, listening and communication)
 - Improved emotion/stress management
 - Improved decision making skills

How the service will work?

Consultation

- Initially, I will offer a free 15-20 minute consultation before the sessions start. This will be a chance for us to get to know each other.
 - It is an opportunity to see if I am right for you.
- It is a chance for you to ask any questions you may have about the sessions.

First session

- On the first session you can expect contracting (explaining procedures), assessment to identify wellbeing levels, getting to know each other more and a chat about the issues that have brought you to counselling.

Remaining sessions

- This journey will be different for everyone but throughout this time we will begin to further explore, thoughts, feelings and issues on a deeper level. You may discover new things to discuss during these sessions. It may start with more time getting to know each other. Therapeutic progress is also reflected on during the course of counselling. Anything can happen for anyone. No two therapeutic journeys are the same.

Ending sessions

- The ending session is usually time for client to reflect on their journey, discover what counselling has done for them, future steps to take and positive self-esteem activities.

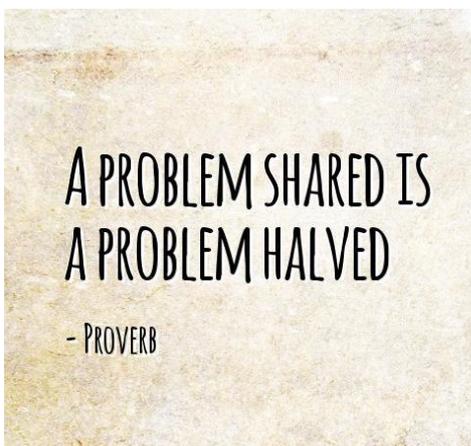
What platforms will be used for counselling?

There are various platforms we can use for counselling, so we can use whatever is the most convenient thing for you, examples include:

- Zoom
- Whatsapp audio/video
- Phone call
- Skype

Key information about sessions:

- Sessions are 45-50 minutes long
- Sessions cost £30 per session (tel/video)
 - Text (£20 per 1hr session)
 - Family/couples- video (£40)
- 6 weekly sessions will initially be offered, progress will be reviewed throughout and more sessions can be offered if necessary.
- Sessions are confidential so what is discussed will not be shared elsewhere. However, I will need to pass on information when there is a safety risk to you or someone else. I will always inform you when I need to do this.
- Sessions are a non-judgmental and safe space for you to voice your worries.



FAQs

Will my information/data be kept safe?

All data and notes will be kept securely in line with the GDPR and data protection policies. As all information is electronic it will be password protected.

Will you give me advice or tell me what to do?

Part of counselling is to help you make your own decisions. I can help to guide you through these decisions or suggest things which may potentially help but it is ultimately down to you what you choose to do. Counselling is about empowerment.

Can I make a referral on behalf someone else?

Yes you can but please ensure this is something they want. Clients will not be forced into sessions if they decide they don't want the sessions. Please talk to them before this so they are aware.

Do I need to come to counselling with a goal?

If you have a goal set in mind, that's great, we can work on this by exploring your feelings, helping you find coping strategies to achieve your goals. If not, do not worry, sometimes it is difficult to identify what the goal is at the start. This is something we can work on together in the sessions, by exploring issues and goals can be created from this.

What if I find it hard to talk about my feelings?

That's okay, sometimes it is difficult to do this and can take time. We can explore other ways to share feelings, such as using chat features to write about how you are feeling, using resources virtually, using drawing and sharing these virtually.

Can my parent/guardian sit in with me/can I sit in with my child?

Usually counselling is done individually as it is easier for some people to talk without other people around. However, if the client wants someone with them (even if it is just for the introduction in the first session) so they feel more comfortable, I am happy to accommodate this.

Do I have to be at a crisis point to access help?

No, you can access help at any point should you need it. The earlier the support is received the better it can be for you as it can help with issues escalating to a crisis point.

What if I want to end the counselling early?

In this case, it will be important to have a discussion about your reasons for this and to assess your wellbeing. The choice will be down to you but it is important to reflect on the above. Any safety concerns will still have to be passed on to relevant people despite the sessions ending.

What if I find counselling isn't right for me?

If you find counselling isn't right for you, there are options we can explore, we can find a way to adapt the sessions to suit you or we may find you another intervention that could help you.

Will you be working with against any guidelines and policies?

Yes, I will be working in line with the British Association of Counselling and Psychotherapy (BACP) to ensure the work I carry out is professional, safe and ethical.

What if I am unhappy with the sessions or the counsellor?

If you are unhappy with anything please let me know, we can come up with a mutually agreed solution to fix the issue. I am always open to feedback so I can help to meet your needs. You can also speak to the BACP on 01455 883300 for any ethical concerns,