

## What is counselling?

Counselling provides a regular and confidential space to talk about worries or problems you may be experiencing. Talking things through in a confidential setting, with regular appointments over a short, medium-term or longer period of time can often help people gain new and different perspectives. This can lead to changes in how you feel about yourself your relationships with others, your thinking and behaviour.



## How does counselling work?

Having thoughts, feelings and worries listened to, clarified or understood by someone who is not directly involved in problems or concerns, in a confidential setting, can be hugely beneficial.

Often, people find that having regular time to talk enables them to build a trusting relationship with which to understand themselves better and to feel clearer or more confident about something they had in mind already.

## What does a counsellor do?

Counsellors are trained to:

- listen, understand and empathise with others; trying to see things from their clients' perspective;
- help clients to express and understand their feelings and emotions;
- support clients to gain greater clarity about their problems or difficulties;
- enable clients to make sense of past patterns and how they maybe impacting their mental & emotional wellbeing today;
- support clients to think about how they might want to make positive changes in their lives going forwards and take actions towards change.

Counsellors do not give advice or tell people what to do. Instead, they help clients facilitate their own personal growth through increasing self-awareness and confidence, so that they can decide how to make their own life choices and changes.

## Who can attend counselling with Sarah?

Sarah supports adults who are 18 or over who have capacity to consent to counselling.

## Is the counselling online or face-to-face?

Currently, all sessions are held weekly online and take place for 50 minutes per session.

## What kind of things might I talk to Sarah about?

The issues are wide and varied. However, these are the areas Sarah primarily works with:

Addictions and compulsions

Anxiety

Anger management

Apathy, demotivation and lethargy

Bereavement & loss

Bullying or abusive relationship dynamics

Communication, confidence and self-expression

Mild depression



Family or relationship dynamics  
Redundancy or job loss  
Work or study stress  
Divorce or Separation

## Why is it so important that counselling sessions are kept confidential?

In order for people to feel safe and fully trust the counsellor to help them with their concerns, it is essential that confidentiality is maintained. Confidentiality also supports people in changing behaviour and to be honest about some of the more difficult feelings we can all experience in life, such as sadness, anxiety, fear, shame or anger.

## Is counselling 100% confidential?

In the majority of situations counselling remains 100% confidential; details shared in a counselling relationship will remain with that counsellor. However, counsellors may need to disclose some anonymised information during counselling supervision sessions to support their work with you. Your name or details that could identify you are never disclosed to the Supervisor. The purpose of Supervision is to provide support the counsellor for her work.

However, there are exceptional circumstances when confidentiality may need to be broken. These circumstances are clearly explained to clients during the initial assessment at the start of any counselling relationship and also cover the safeguarding of clients and legal requirements.

## When will confidentiality be broken?

Confidentiality will be broken if the counsellor deems a person at significant risk of harm to either themselves or others during the course of counselling. In these cases, Sarah will speak with either the client's GP or relevant agency or another professional. Sarah will always endeavour to consult with clients ahead of making contact with any third party.

A written Counselling Agreement will also outline confidentiality boundaries.



## Does Sarah work with other services?

Sarah may signpost clients to other services and/or liaise with GPs or other third-party agencies, where appropriate or necessary.

## How do I make an appointment?

You can contact Sarah to arrange an initial, 50 min assessment by using the CONTACT buttons throughout the Slow Coach website.

## How long should I attend counselling sessions?

Sarah can offer short, medium-term and long-term support. Everyone is unique, so your needs and goals can be explored during the initial assessment (50 mins, £55). Your goals can be regularly reviewed throughout your counselling relationship with Sarah. A minimum of 6

sessions following the initial assessment is recommended to allow clients to begin experiencing some benefit from the sessions. However, if you decide Sarah is not the best counsellor for you after your initial consultation, there is no obligation to continue. Equally, if Sarah decides she is not the best counsellor to support you following the initial assessment, she will notify you accordingly and may signpost you to other therapists or methods of support.

## Can I make an initial appointment on behalf of someone else?

No, unless an individual requires additional support to make an appointment, it's really important that the person seeking counselling makes direct contact with Sarah. Counselling is rarely effective if we attend because someone else wants us to seek help.

## What if I want to stop coming to counselling?

People are free to end counselling at any time. Wherever possible, it is helpful to attend a final session to ensure Sarah can support clients to facilitate a 'good ending' to the counselling experience.

## What qualifications does Sarah have?

Sarah gained a three year post graduate diploma in professional integrative counselling in 2001 and has many years of supervised experience working with both adults and young people in secondary and further education settings and in private practice, EAP settings and in organisations. She also has qualifications and experience in coaching, training, NLP and human resource management.

## Fees

Fees are currently £55 per session for 50 mins. Sessions are payable in advance. A few concession spaces are sometimes available for students or those on lower incomes. Please ask Sarah.

## About Sarah

Sarah began her professional career in Human Resource Management, gaining both CPP and CIPD qualifications and experience in corporate and public sectors. In her late 20's she answered what seemed like 'a call' to go into counselling, initially gaining a CSCT Certificate in Counselling Skills before studying a 3-year, part-time Diploma in Professional Integrative Counselling at Kingston College, UK.

Sarah went on to provide counselling for young people in secondary schools and young adults in further education settings, alongside counselling adults in private practice, corporate and EAP settings. As her counselling (and now coaching) career evolved, Sarah continued to work in HR on a part-time basis and has further invested in CPD, workshops, training and/or qualifications in a number of key areas:

Coaching, Corporate Coaching, Neurolinguistic Programming, Hypnosis, Timeline Therapy Family Constellations and Energy healing. Sarah has also experienced approximately 10 years of her own personal therapy (Jungian, Integrative, Psychodynamic) and continues to invest regularly in her own personal development via ongoing counselling & coaching supervision. Sarah is a member of the British Association for Counselling & Psychotherapy, receives regular and ongoing Supervision for her work and adheres to the BACP Ethical Framework for Counselling Professions. She is also registered with the ICO and all her work is fully insured.

## Further questions?

Feel free to get in touch with Sarah via the CONTACT page of her website or email Sarah directly via [hello@slowcoachsarah.co.uk](mailto:hello@slowcoachsarah.co.uk)



*V8 Jan 2024*