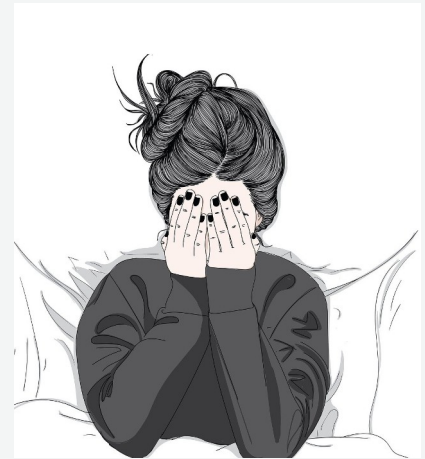


WHAT IS COUNSELLING?

Counselling provides a regular and confidential space to talk about worries or problems they are 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 they feel about themselves, their relationships with others, their thinking and their 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 may be impacting their mental & emotional wellbeing today;
- support clients to think about how they might want to make positive changes in their lives going forwards.

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.

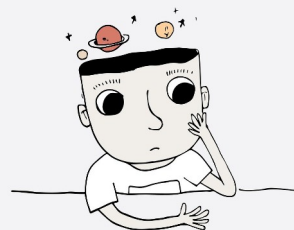
IS THE COUNSELLING ONLINE OR FACE-TO-FACE?

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:

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



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. However, your name or details that could identify you are never disclosed to the Supervisor. The purpose of Supervision is to provide support the counsellor.

There are exceptional circumstances when confidentiality may need to be broken. These circumstances are clearly explained to clients during the initial consultation at the start of any counselling relationship and focus on legal requirements and ensuring the safeguarding of clients.

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.

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 supportive agency or professional. Sarah will always endeavour to consult with clients ahead of making contact with any third party.

A written Counselling Agreement will also clearly outline confidentiality boundaries.



DOES SARAH WORK WITH OTHER SERVICES?

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

HOW DO I MAKE AN APPOINTMENT?

You can email Sarah via hello@slowcoachsarah.co.uk to arrange an initial consultation or use the CONTACT buttons throughout the Slow Coach website.

HOW LONG SHOULD I ATTEND COUNSELLING SESSIONS?

Sarah offers short, medium-term and occasionally, long-term support.

Everybody is unique in and their needs, so your needs can be explored at the initial consultation and is regularly reviewed with you throughout counselling with Sarah. However, a minimum of 6 sessions following the initial consultation is recommended to allow clients to begin experiencing some benefit from the sessions.

CAN I MAKE AN INITIAL APPOINTMENT ON BEHALF OF A 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 not usually 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. During the first session they are advised of this and are asked to let the counsellor know. Wherever possible, it is helpful to attend a final session to ensure Sarah can support you to facilitate a 'good ending' to the counselling experience.

WHAT QUALIFICATIONS DOES SARAH HAVE?

Sarah gained a Post Graduate Diploma in Professional Integrative Counselling in 2001 and has many years' of supervised experience working with both young people in secondary and further education and adults in private practice, EAP settings and in organisations.

MEMBERSHIPS

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

All Sarah's work is fully insured.

