



Women's
Work
Turning a new leaf



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WHAT TO DO NEXT:

Talk to your support worker about being referred for counselling. Once your referral is received you will be placed on the Counselling waiting list until a place becomes available.

You will then be invited to attend a counselling assessment appointment. This initial assessment will take approximately 1.5 hrs and is carried out by a qualified/accredited counsellor/psychotherapist who will talk to you about what you would like to gain from counselling and ensure that counselling is appropriate for your current needs.

If you are accepted for counselling you will be allocated a suitably qualified counsellor as soon as a space becomes available.

You will be offered initially 6 sessions; each lasting 50 minutes with a maximum of 26 sessions.



TELEPHONE 01332 242 525

REGISTERED CHARITY NO: 1135740

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Registered Charity Number: 1135740

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LOTTERY FUNDED



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CODES OF PRACTICE

All Counsellors are required to work within a professional code of ethics and practice. Counsellors are required to be members of the British Association for Counselling and Psychotherapy (BACP) or United Kingdom Council of Psychotherapy (UKCP)

Confidentiality is adhered to as part of this professional code

All counsellors are committed to their own continuing professional development and attend supervision on a regular basis

Supervisors are also bound by confidentiality and the BCAP & UKCP code of ethics.

WHO IS COUNSELLING FOR?

People come to counselling for many different reasons. Counselling can be helpful in a variety of situations, these may include:

- Depression
- Anxiety / Panic and Stress
- Abuse (emotional, sexual and Physical)
- Bereavement and Loss
- Self Esteem / Confidence
- Relationship difficulties
- Domestic Violence
- Eating disorders
- Sexuality and Identity Issues
- Substance Misuse
- Anger Management
- Relaxation
- Personal Development

There may be many more not listed here.

Sometimes people feel unfulfilled, but don't exactly know the reason for their unhappiness or difficulties.

Counselling can raise awareness and help people to understand themselves better. Your counsellor will support and enable you make your own choices.

WHAT YOU CAN EXPECT

PERSONAL DIGNITY & RESPECT

You will always be treated with respect and value in a non judgemental way.

CONFIDENTIALITY

Counselling service is confidential and works within professional ethics.

ACCESSIBILITY

Every endeavour is made to arrange date/times which are acceptable to the client.

COMPLAINTS PROCEDURE

A complaints procedure is available if required. This can be obtained from your counsellor or support worker.

CARE /SUPPORT

Everyone is treated individually & offered appropriate counselling which recognises your individual needs and beliefs.

Information about alternative services which may be of help/assistance to you is available on request.