

WHAT IS COUNSELLING ?

Counselling differs from other forms of help, it is not about advice and it is not about your counsellor providing solutions.

Counselling is about providing the space and time where you can talk about you and your concerns.

Speaking with a counsellor may help you with your concerns.

You will be in charge of what you want to talk about not your counsellor.

Speaking with a counsellor may help you make sense of your life story, as you understand more about who you are.

Your counsellor will try their best to understand what you want from the sessions even when you feel like you don't understand yourself.

You may find that there are times when you don't really know what to say, you may want to sit and think about something before you say the words.

There may be times when you feel like saying nothing for a while that's okay.

Your counsellor will let you set your own pace, encourage you to make your own decisions, validate your needs, validate your feelings and believe in you.

We spend everyday talking but it will be different, your counsellor will really listen to you and what you have to say.

The opportunity to talk and offload with someone who listens deeply is in itself therapeutic.

Counselling at KASP can be short or long term.

Sessions usually last 1 hour.

You can see your counsellor every week if you wish or if that seems too much every 2 weeks.

If at any time you have questions about counselling or any other services provided by KASP, please feel free to speak to your counsellor or any member of staff.

All our counsellors abide by the BACP Good Practise Guidelines.