

Information Sessions

It is really hard to pick up the phone and to confront your past.

Have you made the right decision?

Your information session will give you the time to discuss what you are looking for

and in doing so hopefully it won't feel so scary if you come back .

This session is not about you telling your story however we will listen if that is what you want to do.

On average the information session lasts approximately 30 minutes.

This session provides an opportunity to meet up with a counsellor, to see around the project and the counselling rooms.

Information sessions are about KASP providing information to you about our services and the support we can offer.

During the session this is what is usually covered:

- You will meet with a member of staff
- Brief explanation of what person-centered counselling is
- A bit about confidentiality
- What to expect once counselling has begun, highs and lows
- Info on different services KASP provide
- Explanation of what is in the information pack
- Information on help-line and additional support if needed
- What happens next regarding appointment

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.

Confidentiality for Clients

We believe that you have the right to privacy when you bring your personal concerns to this Project

This means that we will not discuss anything about you with another person, whether it is a member of your family, a GP, a teacher, a lawyer or another worker without your permission.

However there are certain areas where we cannot guarantee complete confidentiality.

Things we can't keep confidential

Because of the law the following things always have to be referred to other agencies.

Child Protection

Information about a child who is at risk of physical, emotional or sexual abuse.

(This includes child pornography)

Your counsellor will discuss this with you to find the best way of taking it forward.

Road Safety

If the police ask us for specific information about someone who has committed a driving offence we must give it to them

Terrorism

If a counsellor receives information about an act of terrorism or a plan to commit an act, they must inform the police immediately, without discussing this with you.

Money Laundering

If a counsellor receives information about someone who is involved in money laundering, they must inform the police immediately, without discussing this with you.

Your counsellor will be happy to explain exactly what will be involved.

Notes and Records

At KASP our policy is to keep as little information as possible.

KASP records names, addresses and contact details (if appropriate), initial date of referral, information and counselling session appointments along with the referring body details (if applicable), client DOB, finishing date on cessation of counselling. Statistical information recorded for Project Funders / Stakeholders is minimal and will not include identifying particulars of any clients

All our records are kept on a password protected data-base in accordance with the Data Protection Act 1998.

Some counsellors who work for KASP like to keep written records, as part of their own personal process during the counselling relationship.

KASP requires that all our counsellors do not record any factual accounts of objective details within these notes