



## **WHAT IS COUNSELLING?**

**If you have received this information sheet it is because you have contacted us to arrange counselling. You may be on the waiting list for an appointment or may have an intake appointment booked.**

**Please read the information below and decide if counselling is what you are looking for. If you decide it is not, please contact us and let us know.**

### **COUNSELLING IS....**

Counselling is a talking therapy enabling clients to air and discuss concerns in a non-judgmental, welcoming and listening environment with another person. It can help people to find meaning and purpose in their lives, making decisions and improving relationships. There might be an element of problem solving focus, although the Counsellor will not have preconceived ideas about what a client should do and would not give advice.

Counselling is arranged to enable a client to talk about issues with someone capable of understanding them and explore coping strategies and problem solving

### **COUNSELLORS AT VINE COUNSELLING SERVICES ARE....**

Counsellors at Vine Counselling Service are principled, working ethically with strict boundaries. They are not able to form friendships or give medical advice or diagnosis. They cannot see a client if they know them outside of the counselling environment.

Counsellors are interested in their clients and will be respectful, engaged, warm, friendly, honest and genuine. If a Counsellor assesses that counselling is not the best therapy for a client to attend, they will be honest and tell the client, looking at signposting to a different agency if possible.

### **WHEN WE OFFER YOU AN APPOINTMENT...**

When we have availability, you will be contacted and offered an Intake Appointment. At the Intake you will meet your Counsellor and they will discuss with you what you wish to talk about, what outcome you would like to achieve and whether counselling might help. Together you will decide if counselling is the right therapy for you and, if so, you will be able to book in your first counselling session the following week.