

COUNSELLING

St Barnabas Counselling Centre



Counselling Options

- Low cost counselling
- Counselling for individuals aged 19 and over
- Counselling for couples
- Counselling for family members
- Out of Hours (evening) counselling.

More information is available on our website and additional copies of our brochure can be downloaded in Adobe PDF format.

www.stbcc.org.uk

The reception line is staffed 5 days a week from 9.00 am–5.00pm

Tel; 01603 625222

Psychological Therapies—The Way Forward

Concerns about the use of antidepressants and questions about their effectiveness has left many GPs wondering about their options when treating patients suffering from depression.

Here at St Barnabas we have 25 counsellors trained in a number of psychotherapeutic disciplines, including Gestalt, C.B.T, Psychoanalytic, Person Centred, Integrative etc. All potential clients attend an 'Intake' session where their needs are assessed and we match Counsellors skills to client issues.

Antidepressant medication taken alongside talking therapies is recognised as being the most effective way to treat moderate to severe depression. Clients are seen for as long as it takes and are not restricted

to a set number of sessions. Clients can normally expect an intake appointment within ten working days with regular appointments commencing as soon as a counsellor becomes free matching issues and availability.

As we do not receive any statutory funding we do have to ask our clients for a contribution towards our running costs. Clients are asked to make payments based on their income and this is discussed at their intake appointment with a minimum of £12 per session. In some circumstances lower cost short term counselling can be negotiated.

We also offer a counselling service in the evenings for individuals and couples but this is subject to higher

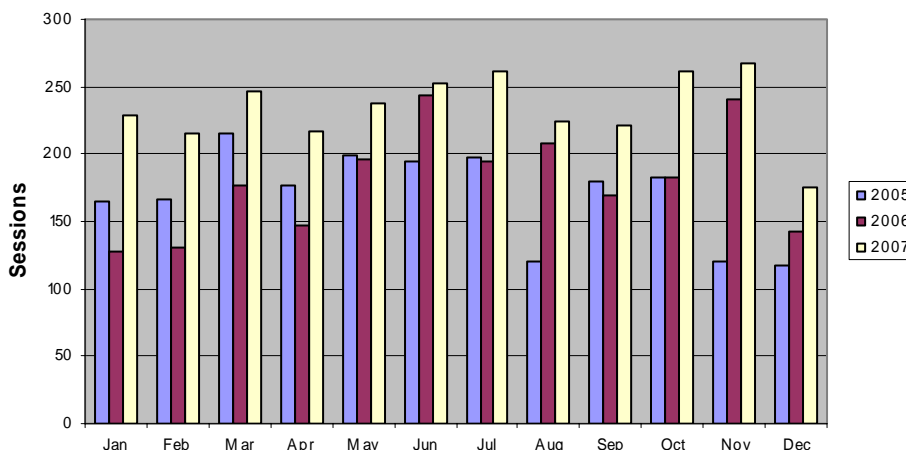
fees.

We can offer counselling to individuals aged 19 and over and couples counselling to both heterosexual and same sex partners. We welcome all, irrespective of ethnicity or religion.

We operate to the BACP code of ethics and maintain client confidentiality unless there are issues involving criminal activities or risk of self harm or harm to others. Clients are asked to grant permission for us to contact their GP should a counsellor deem this necessary.

Please can you display the enclosed poster in your waiting room and please contact us if you have any queries.

Monthly Sessions Comparison



In 2007 we received over 330 enquiries and our counsellors provided 2750 sessions for clients. The trend shows an increase in sessions from previous years for each month in 2007 and the number of referrals are up by over 25%. The ratio of male to female clients is also changing with a marked increase in contact from males.

We have an excellent reputation in the community and pride ourselves in the quality of our Counsellors.