

## **The Cost of Your Counselling**

We are pleased to be able to offer a cost effective counselling service, which is open to anyone. This has been part of the Centre ethos from the beginning, and will continue to be so.

Counsellors in the private sector charge between £30 and £40 per hour, but our professional Counsellors give their time free of charge for a set number sessions each week.

However, there are still substantial costs involved in running the Centre and in order to continue to provide a service we must ask all clients to make a contribution towards their Counselling.

**It is an important part of your commitment to the counselling process, and a reflection of how you value yourself and your counsellor.**

We ask you to negotiate the amount of your regular contribution towards our expenses at your intake session. As a guide we suggest -

### **Each Counselling Session:**

From £12 per session, based on a percentage of annual family income.

E.g.

£18 per session if family income is £15,000

£30 per session if family income is £25,000

Clients opting for the Out of Hours Scheme or Couples Counselling will be expected to make higher contributions.

Clients with financial difficulties may be offered a limited number of sessions.

**For the Intake Session (First Appointment) £12..**

Please bring payment with you. A receipt will be given upon request. The Centre accepts cheques but not debit/ credit cards

### **Cancellations**

If you do not give 24 hours notice of being unable to keep an appointment, or you do not keep an appointment, we will expect your normal contribution for that session.

## **Confidentiality**

We recognise the importance of this. All information which you disclose will normally be confidential within the Centre. There are, however, limits to confidentiality, as follows:

Counsellors discuss with supervisors their work with clients. Care is taken to ensure that you will not be identified.

Under exceptional circumstances your counsellor may break confidentiality if there are grounds for believing that serious harm may occur to you or to any other person/child. Where appropriate, your counsellor would discuss this with you beforehand.

If you are involved with the courts or the legal system, please mention this to your counsellor.

### **Please Note**

We ask that you avoid the use of alcohol or non-prescribed mind-altering substances before sessions. The Centre has a no smoking policy throughout the building.

### **Data Protection**

The Centre keeps a record of your contact with us and a copy of the Centre's confidentiality policy is available on request.

Should you have any complaints please raise them with your counsellor. If appropriate a copy of the Centre's complaints procedure is available from the office.

The Centre is an organisational member of the British Association for Counselling and Psychotherapy and as such is bound by its code of ethics and practice and its complaints procedure.

St. Barnabas Counselling Centre is a company limited by guarantee.

Company No. 2535600.  
Registered Charity No. 1000797

# Counselling



## **St. Barnabas Counselling Centre**

Derby Street  
Norwich  
NR2 4PU

Tel: 01603 625222  
email:counselling@stbcc.org.uk  
www.stbcc.org.uk

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## Counselling at St Barnabas

The Centre was founded in 1974 and is open to all adults whatever their creed or culture. Level access rooms are available for those with physical disability

A counsellor can help you understand and resolve aspects of your life, which have been difficult or have suddenly overwhelmed you. Together we aim to find the core of the difficulty. Counselling aims to help you find and clarify your own strengths and resources.

Our counsellors all have a counselling qualification to advanced/post-graduate diploma level or equivalent, or are completing their training. All have regular supervision to ensure a consistent high quality service to our clients.

Counsellors work in different ways according to their training, but all aim to create a trusting and safe environment. You can expect to be treated non-judgementally and with respect.

## Your First Appointment

You will be able to discuss personal issues and expectations of Counselling. You will be placed on a waiting list until we can offer you regular counselling sessions. Your counsellor will usually be a different person than at this first appointment.

## Buses and Parking

**BUS:** No's 19,20,21,22 & 29 travel along Dereham Rd. Alight at Charles Square.  
No 28 travels along Heigham St. (every 15 min)

**CAR:** Access is via Heigham St. only. St Barnabas Centre is in a controlled parking zone, with 15 spaces on Russell St allowing 2 hours parking. Parking in front of the Centre is reserved for Centre staff and disabled clients. A pay and display car park is at the Dereham Rd end of Orchard St and can only be accessed via Dereham Rd.

## Counselling Options

During the Intake meeting we can discuss the options that may be most helpful to you. All counselling is likely to be more helpful to you if you commit to attending regularly.

### **Open-Ended Counselling**

Most clients come for one-to-one counselling, with weekly sessions of 50 or 60 minutes, with the same counsellor each time.

### **Time Limited Counselling**

6 to 10 weekly sessions with your counsellor to discuss specific issues.

### **Couples Counselling**

This extends not only to heterosexual partners, but same sex partners and parents and children (over 19).

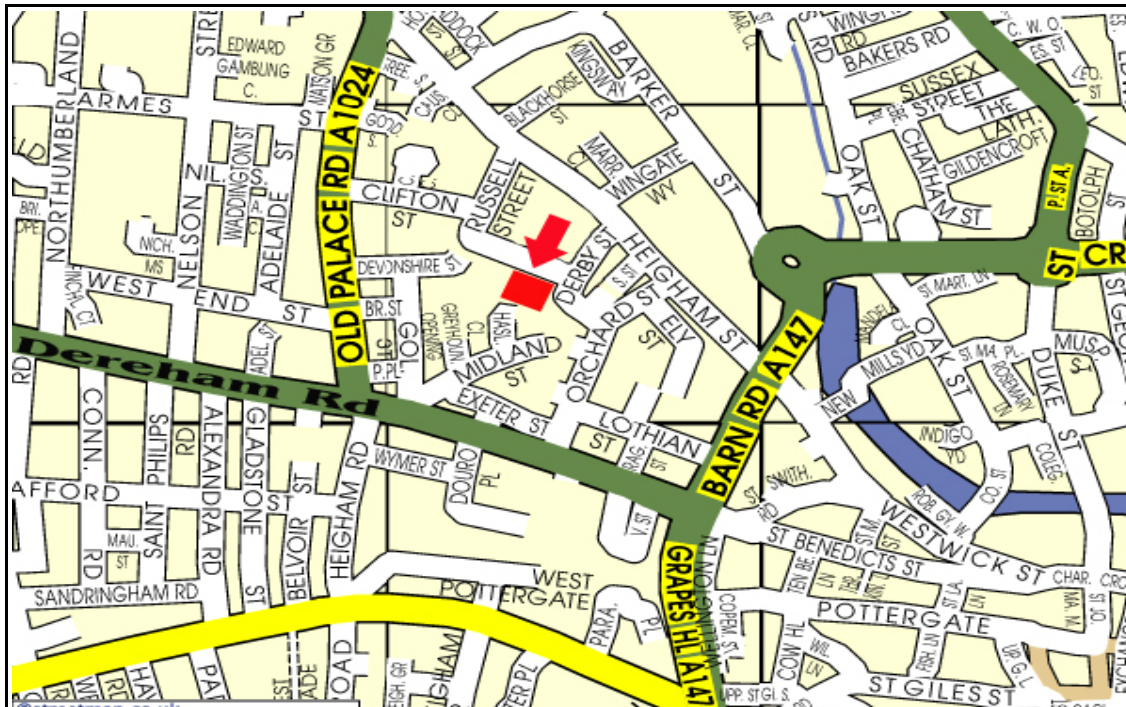
### **Out of Hours Scheme**

Counselling available Mon—Wed, 4.30–7.30 pm, from £25 per session

### **Assisted Place**

Counselling is paid for by another organisation. (E.g. Your Employer)  
Fees and times as for Out of Hours.

## How to find us



## Counselling Centre Opening Hours

Monday to Wednesday, 9 am to 7.30 pm.  
Thursday & Friday 9 am to 5 pm

## Contacting us

**Telephone 01603 625222**

At other times please leave your name and contact number on our answer phone and we shall return your call.

**You may also email at:-  
counselling@stbcc.org.uk**

**Web:-<http://www.stbcc.org.uk>**