

OUR COMMITMENT TO YOU

We try to keep our waiting list for counselling as short as possible and waiting times may vary from time to time.

The organisation is a member of the British Association of Counselling & Psychotherapy (BACP) and we work to BACP's Ethical Framework for Good Practice.

Should English not be your first language, we may be able to arrange for an interpreter to attend counselling with you for a limited number of sessions.

We are based in a safe and secure city centre location.

COST

The counselling service is free, although all donations are gratefully received.

HOW TO ACCESS THE SERVICE

If you would like to access our counselling service, please contact us via the Helpline on 0115 941 0440, use the contact form on our website www.nottssvss.org.uk/contact or email: dutysupervisor@nottssvss.org.uk If no-one is available to answer your call please leave a message and we will return your call.

LIST OF BOOKS TO READ

ON CHILDHOOD SEXUAL ABUSE:

'Beginning to Heal'

by E Bass & L Davis

'The Courage to Heal'

by E Bass & L Davis

'Rescuing the Inner Child'

by P Parkes

'The Sexual Healing Journey'

by W Maltz

GENERAL BOOKS:

'Learning to Love Yourself'

by S Wegscheider-Cruse

'Toxic Parents'

by Susan Forward

'Carnal Knowledge: Rape on Trial'

by Sue Lees

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SERVICES

LISTEN
BELIEVE
SUPPORT



NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES
30 CHAUCER STREET, NOTTINGHAM, NG1 5LP

TELEPHONE

0115 947 0064

HELPLINE

0115 941 0440

EMAIL

[SUPPORT@NOTTSSVSS.ORG.UK](mailto:support@nottssvss.org.uk)

WEB

[WWW.NOTTSSVSS.ORG.UK](http://www.nottssvss.org.uk)

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COUNSELLING SERVICES

INFORMATION FOR ANYONE WHO WOULD
LIKE FACE TO FACE COUNSELLING
WWW.NOTTSSVSS.ORG.UK

WHAT IS COUNSELLING?

Counselling offers a safe and non-judgemental environment in which you can express and explore your thoughts and feelings in a way that may not be possible with family or friends. Whatever your reasons for coming for your first visit, we are here to listen.

We recognise that every person is different and will experience their feelings in different ways. The Counsellor will not give advice or direction, nor will they make decisions for you. However, they can support you in developing your own insights and solutions to difficulties. Counselling can enable you to feel less isolated, to gain understanding and find inner strengths which can assist in re-gaining control of your life.

We recognise that entering a counselling relationship can take courage. It can be a painful journey from time to time but for many people it can be a valuable and empowering step towards personal growth and healing.

WHO IS THE SERVICE AVAILABLE TO?

The service is open to anyone aged 13 years and over. We understand that people of varied backgrounds, cultures and ethnicity may have different needs and we are sensitive to such matters.

COUNSELLORS / SUPPORT WORKERS

Our Counsellors and Support Workers are highly trained professionals from varying backgrounds in terms of gender, ethnicity, age and personal experience. We offer support to women in our women-only space.

CONFIDENTIALITY

Our service is confidential. Whatever you choose to tell your Counsellor will not be disclosed to a third party. However, there are certain circumstances where we may have a duty of care to disclose information outside of the counselling relationship. These exceptions will be discussed with you at the commencement of your counselling sessions.

CODE OF CONDUCT

The counselling sessions aim to provide you with time and space to use as you need. However in order to keep the environment a safe space for everybody we request that all clients adhere to our code of conduct.

- Please do not attend a session under the influence of alcohol or illegal drugs. Being under the influence will impact the benefit that you can gain from counselling
- Please do not hurt yourself, others or cause damage to any property whilst at the centre.

APPOINTMENTS

We offer appointments on a weekly or fortnightly basis lasting 50 minutes. We provide up to 20 sessions of counselling which are reviewed with you periodically.

We are also able to offer 8 sessions of crisis intervention which will focus on here and now issues and difficulties that you may be experiencing.

CANCELLATIONS

Please contact us 24 hours in advance if you are not able to attend an appointment. Many of our Counsellors work voluntarily and we value the time that they offer us.

If two consecutive appointments are missed without notification we shall bring the sessions to a close in order to offer the opportunity to someone else on the waiting list.

In this eventuality we would ask that people re-refer themselves back to the service when they are ready.

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