

► Information for Service Users



ISLINGTON

London Borough of Islington Counselling Service

One to one Counselling

A person-centred service for all genders aged 16+ who have experienced domestic and/or sexual abuse.

What is counselling?

Counselling is a talking therapy, based on weekly sessions with a counsellor in a safe confidential space. We can offer up to 15 sessions.

It provides a unique experience that focuses entirely upon the individual. It doesn't provide advice or tell you what to do; instead, it will give you the opportunity to explore areas in your life at your own pace.

Talking about issues that concern you can provide a new perspective on your life, allowing you to start discovering who you are again, allow you to regain your power to make choices, and start to take back the control that others may have taken away from you.

Counselling is a space in the week for you to really concentrate on yourself, it is your time. No one should force you to attend counselling - it is a personal journey and should always be a matter of choice for when you are ready.

Why have counselling?

Some people decide to start counselling because they want to make changes in their lives but aren't sure where to start. They may want to explore events that have happened in the past to make sense of them or to make sure they don't re-occur, so they can safely move forward in their lives.

Whatever your reason, you will be able to share your story with someone who can provide a safe space, who understands, who will listen and not judge you.

Whatever your reason for seeking counselling, it will be validated because it is unique to you and you are important.

What happens next?

Once we have processed your referral we will invite you for an assessment; this is usually within four weeks.

The assessment gives you a chance to find out more about our service, to consider your needs and make sure counselling with us is the best option for you.

If our service is suitable for you, we will allocate your case to a counsellor to start weekly sessions. We are a busy service so there may be a waiting period before you can start, please feel free to contact us if you would like to understand where you are on the list.

Childcare arrangements

Children and babies are unable to come into counselling sessions. It is important to make arrangements for the care of your children whilst you see the counsellor.

We can pay for childcare cost. If you need support with childcare, contact us in advance to discuss.

Who are the counsellors?

They are qualified with a detailed understanding of domestic and sexual violence and its impact upon survivors.

All counsellors are a member of a recognised professional body and are accredited or working towards accreditation. They adhere to the BACP (British Association for Counselling and Psychotherapy) code of ethics and receive regular clinical supervision.

Our counsellors follow Solace Women's Aid's policies and procedures.



0300 330 5479

10am - 2pm Mon-Fri



**LBIslingtoncounselling@
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Solace Women's Aid is a charity registered in England & Wales.
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