

Counselling Service

Your counselling sessions

This leaflet offers insights to improve your understanding of our counselling service and guide you in maximising your overall experience with us.

What is counselling?

At Solace, we provide trauma-informed counselling, employing evidence-based therapeutic methods to assist individuals who have faced trauma or adverse life events. The core objective of trauma-focused therapy is to address the emotional and psychological repercussions of trauma, empowering individuals to process and integrate these experiences in a more resilient and constructive manner.

How many sessions can I have?

We can offer up to 20 counselling sessions. We try to make appointments at a time manageable for you, this will be the same time each week. Sessions last 50 minutes.

What if I can't keep my appointment?

If you're unable to make your appointment, please notify your Counsellor through text message or email. Missing two consecutive sessions may lead to the conclusion of your counselling sessions. You can find more details in the cancellation policy.

Confidentiality

Counselling is a confidential service. This is important in order for you to build up trust with your counsellor and the service. Your counsellor will explain this and give you the opportunity to ask any questions. Occasionally we need to break confidentiality i.e. if we feel you, a child or another person may be at risk of harm. Where possible we would contact you first to discuss our concerns.

What if I don't feel happy with my counsellor?

First of all, we encourage you to talk to your counsellor about your feelings. It is OK to say how you feel and you may find it helpful. If you are unable to do this or feel things haven't changed, please contact us to let us know. We can explore this with you and look at possible solutions.

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“I have made huge changes to my life - leaving an emotionally abusive relationship and starting a new life with much more confidence. I couldn't have done this without a non-judgemental understanding of my counsellor.”
- Past Service User

Who are the counsellors?

Our counsellors are well-versed in working with survivors of domestic and sexual violence and understanding its impact.

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.

Cost

This is a free service. We believe it is important all women can access counselling.

Childcare arrangements

Children and babies are unable to be present during appointments. It is important to make arrangements for the care of your children whilst you see the counsellor.

On occasions, we receive funding to help towards childcare costs. Please understand that this is not always available. If you need support with childcare, contact us in advance to discuss.



0300 330 5479
10am-2pm Mon-Fri



counselling@
solacewomensaid.org



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