

Thinking about counselling?



What is counselling?

It's a space to talk and think together with a trained counsellor or therapist. This would normally be weekly for 50 minutes at the same day & time every week. It can be face to face, on the phone or virtual facetime. How long you attend can be discussed with your counsellor and reviewed as you go along.

How can it help?

Sometimes we have feelings that are uncomfortable, sometimes we do things that we wish we didn't, or don't understand. We may worry about what other people think and sometimes the world can feel like a hard place that doesn't really understand us.

We might feel lonely, angry, sad, worried, panicky & confused. We might find it hard to look after ourselves properly, have difficulty sleeping, rely on drugs or alcohol, get into unhealthy relationships, or hurt ourselves. Often we have no idea what the real problem is and how to make things better.

Having a regular space where there is no pressure and is there just for you to explore what is on your mind; your thoughts, feelings and worries (however weird you might feel they are), and what is going on in your life - can really help. Over time life can begin to feel easier and less overwhelming.

What does it feel like?

It's a bit different than talking to friends or family. It can feel a bit daunting when you start and you might feel self-conscious or nervous initially. This is completely normal and everyone feels this way. The counsellor will help put you at ease. Once you get used to it, it can feel better to talk about difficult things and things that trouble you than it can with someone you know. Counsellors are not there to judge you or to advise you and you don't have to worry about their feelings or what they think. You might not always have a lot to say & that is ok; you might not feel you are making sense & that is ok; you might not find the right words or find it easy to say what you mean & that is ok. This is normal and your counsellor will be familiar with and understanding of this.

Together, with you, they will help you 'organise' all the messy stuff. They can help you not to be so frightened of your feelings.

What do I have to do?

Show up! That's the hardest and most important bit. Counselling works best when you can just say what is on your mind - whatever it is. Even if it is telling your counsellor that it feels hard to come and really strange talking! Your counsellor will help you figure out how 'to do' counselling.

What does the counsellor do with the things I tell them?

The things you tell the counsellor are confidential. What does this mean in reality? Well, all trained counsellors and therapist have to have their own supervision – this is about ensuring that they are helping you in the best way possible. From time to time they will talk about their work with you, with their supervisor but no detailed notes are kept. The only time your counsellor will want to talk to someone else is if they are very worried about you or about someone else. They might want to talk to your GP for example or your Leaving Care Worker, but they will talk to you about this first.

What should I do if I don't like it or I am finding it hard?

This is also very normal and is often part of the work. There is a saying in the therapeutic world that often things can feel worse before they can feel better. This is because we are thinking about painful stuff we might rather not, but this is the stuff that can hold us back in life. Being able to talk about what feels hard with your counsellor is an important part of the work. Especially if you don't understand or don't like some of the things your counsellor might say – they will really want to hear this. Having an experience of 'working through' any difficulties (if you have any) in your relationship with your counsellor can help with lots of things such as feeling more able to trust others, knowing that when things go a bit wrong in relationships they can be even better afterwards.

What if I want to stop?

If you really feel you are not in the right place for counselling and you really feel you don't like or aren't suited to your counsellor then of course you can stop at any time. However it is much better if you can let your counsellor know and have an ending session and talk some of this through. They will want what is best for you and will respect your decision and wish you well.

What should I do if I think I might be interested in having some counselling but I feel unsure?

You can either contact Somerset Counselling Centre directly (details below) or you can talk to your leaving care worker.

SOMERSET COUNSELLING CENTRE

(when contacting Somerset Counselling Centre please reference the care leaver scheme so they know that it is funded sessions you will be accessing).

ADDRESS: Apsley House, Tower Street, Taunton TA1 4BH

TEL: [01823 337049](tel:01823 337049)

EMAIL: info@scctaunton.org.uk

OPEN:

Monday to Friday – 8am to 8pm

Saturday and Sunday – Closed

WEBSITE:

[Somerset Counselling Centre \(scctaunton.org.uk\)](http://scctaunton.org.uk)