

# Long Term General Therapy Service

## About us

We are an independent charity committed to providing a low cost confidential counselling service. Our counselling team is made up of qualified therapists and trainees in their last year of an advanced or postgraduate diploma/MA in counselling. All therapists receive regular supervision. As an Organisational Member of the British Association of Counselling and Psychotherapy we are bound by its Ethical Framework for Good Practice.

We can help with a specific issue or general ones – anyone who is struggling with everyday life, relationships and their feelings. Deep seated, harder to identify issues can be teased out with the help of a professional and then be worked through.

## How can therapy help?

Knowing what is troubling you is sometimes part of the problem. Understanding yourself better is a step towards working out what you might need to help you. Sometimes having someone to share your problems with, who is separate to the rest of your life, can provide you with a secure base from which to face issues and work through them.

We offer five initial sessions where you and your therapist can explore how therapy might be of help to you. Counselling is not a 'quick fix' and emotional health issues vary in depth and complexity from person to person. Some people may only want a few sessions while others may need to continue for longer. If you wish to work longer term we are able to offer up to two years counselling support. All sessions at Rephael House last fifty minutes and are on the same day at the same time each week.

## Is the service confidential?

Yes, your attendance and everything you share in therapy remains confidential to the service. Only upon written request from the client attending will any information we hold be released. Rephael House does not keep detailed notes on each session.

Complete confidentiality can not be guaranteed in all circumstances, this will be discussed with you at your first appointment.

### Will I have to pay?

Yes, there is a cost to this service as we do not receive full funding for our longer term work. Each session costs £47.50 to run, we ask that you cover this cost.

### Is there a waiting list?

We do have a waiting list but we are working hard to get the waiting time down. We endeavour to reduce the waiting time as much as we possibly can. People are offered places on a strictly first come first served basis.

### How can I see a therapist at Rephael House?

Go to our website at [www.rephaelhouse.org.uk/Referral](http://www.rephaelhouse.org.uk/Referral) to complete a self-referral form (Low cost services)

Come to our drop-in on Mondays between 2pm and 5pm (excluding Bank Holidays). Appointments for this service are given out by phone on Monday mornings.

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