

Long Term Anti/ Postnatal Service

About us

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

Who is our counselling service for?

Anyone who is experiencing difficult emotional issues around being or becoming pregnant. This also includes ante-natal and A post-natal depression. It is also for those who have experienced one or repeated failed IVF cycles.

How can therapy help?

Therapeutic support can help you learn to understand the myriad of feelings associated with pregnancy, loss, and large life transitions. It can also help you to understand others around you who have been affected by the experiences you are going through. It offers you a safe place to come and talk to someone in confidence about your situation.

How long will it take?

We offer 5 initial sessions where you and the therapist can discuss whether therapy will be helpful to you at this time. Therapy is not a 'quick fix' and grief is different for each person. Some people may only want a few sessions while others may wish to continue for longer. If you wish to continue with us we are able to offer up to two years 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?

At Rephael House each session costs us a minimum of £47.50 to run, we ask those who can to cover this cost, or to contribute as much as they can towards it. There are some lower discretionary rates available. This is discussed at the first session and is dependent on our funding situation at the time your therapy begins.

Is there a waiting list?

Yes there usually is a waiting list however we always endeavour to place people as quickly as we can. Please be aware that grieving is a natural process that promotes healing. Rephael House recommends that therapy following a loss is more helpful at least 3-6 months after a bereavement as before this symptoms such as numbness may affect the work.

How can I see a therapist at Rephael House?

Go to our website at 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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