

Long Term Domestic Abuse 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.

Our therapists are experienced in helping to talk through difficult feelings and support you in exploring the complexities of domestic abuse.

How can therapy help?

Counselling can help you come to terms with the feelings surrounding these experiences. These feelings may persist or surface many years after you have left the situation. Counselling offers a safe place for you to come and talk in private about your experiences and the associated feelings.

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?

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 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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