

# Long Term Therapy for Young People Aged 8 to 19yrs old in Hertfordshire

## 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.

## Who is our counselling service for?

Counselling is available for young people aged 11 to 19 years who live, work or are in education within the Hertfordshire borough. We offer counselling support on issues such as parental separation/divorce, anxiety, relationships, sadness, self-esteem, self-confidence, bullying, school, college and work issues, eating disorders, self-harm, abuse and loss.

## How can therapy help?

Sometimes talking to friends or family is not enough, especially if some of our problems are about them. Talking to a counsellor who is trained to listen and who is outside your situation can give you support in a safe place as well as space for you to talk about difficult issues. Talking through a problem with a trained counsellor can help you make sense of what is happening in your life, sort out what you feel, or work out what's important. Counselling can also help you find your strengths and build on them so that you can make better choices for yourself.

### How long will it take?

We offer an initial session where you and the counsellor can discuss whether counselling will be helpful to you at this time. Counselling is not a 'quick fix' and is different for each person. Some people may only want a few sessions while others may wish to continue for longer. We can offer up to two years counselling. All sessions at Rephael House last fifty minutes.

### What about confidentiality?

It is important for children to be able to trust their counsellor. For this reason, we offer them confidentiality. It is explained to them in their terms that child protection issues are an instance when confidentiality is not offered. This will be explained to parents/carers more fully when they meet with their child counsellor.

### 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 the charity £55 to run, we ask those who can to cover this cost, or to contribute as much as they can towards it. We are happy to offer concessionary rates for those who need it. What you pay will be decided during the first session with you, or prior to that by phone if appropriate.

### 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)

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