

Counselling Service available

M S Society Foyle is happy to announce a counselling service for members that complies with best practice as described in the British Association of Counselling and Psychotherapy (BACAP)

What is counselling?

The overall aim of counselling is to enable people to work towards living their lives in a more positive and satisfying way. It is a form of helping based upon 'Listening'. People may be emotionally troubled due to current life circumstances or life events and often suffer from stress, anxiety or depression as a result and may be concerned with:

- Addressing specific problems
- Coping with a crisis and change
- Working through difficult feelings
- Improving relationships with others.

Counselling provides people with an opportunity to explore their life issues in regular sessions within a confidential and safe setting with someone who is trained to help. The counsellor will aim to relate to the person in a supportive and respectful manner, accepting them as they are, listening to and helping them move forward. Counsellors do not offer advice but aim to provide the client with an opportunity to:

- explore and understand issues which are impacting negatively on your life,
- develop greater self-awareness and understanding of your relationships and help you develop more effective coping strategies and life skills
- help you work towards living in a more satisfying and resourceful way

The counsellor Counsellor/Client commitment

The counsellor will meet the client weekly and the sessions will last for fifty minutes. The counsellor must attend supervision for ongoing professional development together with personal development programmes. The counsellor will not contact clients outside of the allocated space and time.

There are certain conditions that must be met by the client before the counselling session can continue. These are: The client must be free from the influence of alcohol or mind-altering drugs, otherwise counselling will not take place. At least one days notice is required if either party has to cancel.

Your use of counselling remains confidential to the service within the limits agreed with your counsellor.

Your first full appointment will be an assessment session. This session will help us to decide together whether counselling is appropriate for you. If counselling is

appropriate, you will be offered a further five sessions. It may be possible to extend this offer if, together, we reach that decision.

Supervision

Supervision is important for a number of reasons, to ensure that the counsellor is compliant with BACAP and IACAP guidelines. It is an opportunity to further personal and professional development and communicate any key issues that are emerging together with any difficulty the counsellor may be experiencing themselves. Supervision is for the benefit of the client and counsellor to ensure safe practice.

Location of service

This service is available every Tuesday from 2.45 to 5pm at Foyle Disability Resource Centre, Glen Road, Derry. However, in particular circumstances home visits can be arranged subject to availability and necessity.

Making an appointment

Please ring Terry McNamee at the Foyle Branch office on **028-71-360-831**. Should no one be available to take your call, messages will be responded to as soon as possible.

Waiting Time:

Three to six weeks

Commitment:

It is beneficial and in the clients best interest to commit to attend weekly for the progression of the counselling work.

Cancellation and late arrival at sessions

If a client arrives late for a session then the session will still have to end at the appointed time. If a client does not show for the session then the counsellor is only obliged to wait for 30 minutes.

NB: It is very important to give at least 24 hours notice of cancellation. As this space and time is reserved for you it is very important to inform the counsellor or Terry if you no longer require the service. We will be in a position to offer the place to the next person on the waiting list.

Counsellor Profile: Madeline Callaghan

I have worked with the M.S society for ten years as a Yoga teacher and facilitator in Holistic Health Programmes. A listening ear service was established as the

result of the expressed needs of people attending these courses. The service was of great benefit to all who availed of it and now I am delighted to offer a counselling service.

I am a qualified Yoga teacher with a certificate in Remedial Yoga. I have Bsc Hons degree in Psychology, Certificates in Counselling Skills and Studies level 2 and 3. I am currently completing a Certificate in Cancer Counselling with Macmillan Cancer Support and studying for a Diploma in Counselling. I am a member of the British Association of Counselling and Psychotherapy (BACAP) and my primary approach is the person-centred approach (Carl Rogers) However I employ an integrative approach drawing from Cognitive Behavioural Therapy (Beck), Gestalt and the Egan models of counselling, if and when it is useful.