

What is Counselling?

An Information Document for Young People

Counselling is a talking therapy where you can speak about whatever is currently on your mind. During sessions, your counsellor may use games or art to help you explore and understand how you are feeling. Sometimes you may need time to be quiet and think and other times you may feel you need to offload about how life is.

At Ignite Life, you will be offered a free 7-week block of sessions, which can be extended if necessary. Each session lasts 50 minutes.

How will counselling help?

Sometimes life can be confusing, overwhelming or troubling and we may feel extremely worried, sad, angry, confused or hopeless - counselling can be a really helpful way to help us to manage and understand these feelings and to find new ways of coping.

Counselling gives you a confidential, non-judgemental space to talk openly about things you may find hard to discuss with friends or family.

What does confidential mean?

Confidential means that what is spoken about in counselling remains private between you and your counsellor. The counsellor will not discuss what is spoken about in counselling with your family carers or friends, unless you ask them to.

If your counsellor understands that you are in a situation that is dangerous for you then they will need to speak with the safeguarding team at Ignite and decide the best way to support you - sometimes this can mean speaking with your parent or carer. This is only if absolutely necessary and so that the counsellor can work with you to keep you safe and help improve your situation.

Will my counsellor take notes or talk about me to anyone?

Your counsellor will keep notes for their records; these notes are kept confidentially on a secure database. Your counsellor will also have supervision; this is a requirement of the BACP ethical framework. Counsellors have supervision once a month with a clinical supervisor to discuss any issues that come up in their work. They may discuss your session, but the Supervisor is bound by the same rules of confidentiality as your counsellor.

Is counselling for me?

Counselling is for everyone and anyone. It is a place free of prejudice and judgement where you can be you and talk about what ever feels important to you. If you are curious about counselling then please get in touch, we are always happy to answer any questions or queries that you may have - gloucester@ignite-life.co.uk.

What happens if I miss a session?

If sessions are missed due to anything other than ongoing illness or pre-planned time away, we will have to count your cancellation or absence as a session, and you will therefore miss out on



that session. If you miss more than two sessions, we will review if counselling is the right support for you at this time.

Where will counselling take place?

You will agree a session time with your counsellor, and these will take place in the Impact Mentoring building in Tuffley, Gloucester.