

Information for Young People

Counselling Sessions

What is Counselling?

It's when someone listens to how you feel, as well as to the words you say.

A counselling session offers you a special, private time to say whatever you want to say, when you want to say it. And someone will listen to you without judgement or criticism.

Counselling can help you look at the problems or difficulties you are facing in your life and explore the way you are feeling.

What do I talk about?

Each person will have something different to talk about. It is for you to decide. There is no set of rules. You don't have to pretend, or try to be someone else. You only need to be yourself and bring to the session what feels right for you.

How many sessions will I have?

Some people will have one or two sessions and others will have more. The number of sessions is up to you, you can have as few or as many as you want, for as long as you want. It is up to you and you alone.

The counsellor will usually check with you every few sessions to see how you feel you are progressing and to make sure that you are happy to continue.

How long are the sessions?

Each session usually lasts up to one hour although this can be altered to suit your individual needs and wishes.

Will what I say be talked about with my parents?

No, the counselling service is confidential: this means that the counsellor will not inform anyone about what you say other than in exceptional circumstances. Your counsellor will explain all this to you.

What does a counsellor do?

A counsellor will listen very carefully to what you say. They do not judge you. They do not tell you what to do. They won't tell you that you are wrong. You can talk about anything that **YOU** want to talk about.

A trained counsellor will help you look at the issues that are concerning you. They will not tell you what to do, but instead will work with you to help you find your own answers.

Where will the sessions take place?

The sessions can take place face-to-face in the *Changing Faces* office in London, or by email, or on the telephone. All the sessions are private and take place in a

counselling room. Before you start, you can speak to a counsellor and discuss which option you think will be best for you.

Do I have to pay?

No, you do not have to pay; all counselling sessions are free of charge for as long as you wish to have them.

Is counselling right for me?

Only you will know the answer to this question. A lot of people just try an introduction session to begin with. This can be for just a short time, say 20 minutes. It can be your way of 'trying without buying'.

One way of deciding might be to make a list of issues that are troubling you or worrying you and imagine talking to someone about them who is not involved with any of your friends or family - someone who will be really supportive and listen to you. Do you think that would be helpful? Do you think that might make a difference?

What do I do now?

If you would like to arrange a counselling session or if you would like some more information or advice you can email us at: info@changingfaces.org.uk or call 0845 4500 275 and ask to speak to someone in the Children and Young People's Service