

Individual Counselling

A guide to individual counselling services at Relationships Scotland Orkney

What is counselling?

Thank you for your interest in counselling at Relationships Scotland Orkney. This leaflet outlines our individual counselling service. If you have any questions or would like to arrange an appointment, please get in touch using the contact details below.

Counselling provides a safe confidential place for people to explore difficulties in their relationships and to address a range of issues such as anxiety, anger, stress or depression. The opportunity to talk through personal issues and explore different perspectives with the help of a professional counsellor can bring clarity and understanding and the ability to make informed choices on how to bring about the changes clients may be looking for.

How do I make an appointment?

All new counselling clients are offered a single session of therapy within a week of referral. Following this session, clients who need further support will be placed on the waiting list for counselling. To make an appointment, please get in touch using the contact details overleaf.

What is Single Session Therapy?

Single Session Therapy involves a client and therapist (counsellor) working together with the intention of addressing a specific problem or concern to help the client move forward, with the knowledge that more help and support is available if needed.

Stage 1: The first stage of the process is an initial 25-minute telephone conversation. The therapist (counsellor) will ask a series of questions and help the client identify what they would like to address during the therapy session. This could be resolving a dilemma, making a decision, problem solving an issue, clarifying something that has been on their mind or helping them explore a concern or problem. Issues may be around relationship difficulties, grief and loss, health, life changes, managing emotions and/or managing stress.

Stage 2: The second stage is 60-minute therapy session (in person or online) held within a week of the preparation telephone conversation. Together the therapist and client can look at the client's inner strengths, the external support and resources already available to them, and any previous attempts to address the problem/issue – paying attention to what helped and what did not. The therapist and client may then identify an action plan to help the client move forward.

If it is identified at the end of the session that a client requires further support and/or counselling then the client can be put on the waiting list for longer term therapy and/or offered interim support whilst waiting for a counsellor, and/or referred to another part of the service.

Stage 3: The third stage involves the client taking time to reflect on and digest what they have learned from the session, and then act on this learning.

Stage 4: The fourth stage is a follow-up telephone conversation with the therapist to discuss how things have changed since the session and determine whether the client would like to arrange further support.

Counselling and support following Single Session Therapy

Clients who identify a need for further therapy will be placed on the waiting list for individual counselling. When they reach the top of the waiting list clients will be offered weekly sessions with a counsellor.

Depending on circumstances, sessions can be held in person, online or by telephone. There is no set number of counselling sessions. Clients generally attend 6-12 appointments and then review regularly with their therapist whether they wish to continue.

Clients who need support during the wait for counselling can meet with a support worker. Support workers can help clients identify ways to manage anxiety, stress and depression and to address specific issues or problems they may be experiencing. All our support workers have undertaken basic counselling training.

Who are our counsellors?

Counsellors are trained to post-graduate Diploma level, over a three-year period, and must achieve at least 200 hours of supervised practice to become fully qualified.

Clients may be asked if they would be willing to be seen by a Counsellor in Training.

Counsellors work to the Code of Ethics and Standards of COSCA, the professional body in Scotland for Counsellors and Psychotherapists.

Fees

Relationships Scotland Orkney do not charge set fees for counselling. However, we do rely on donations and suggest a contribution of £20 per counselling session.

There is no expectation of a donation from clients who are in full-time education or on a low income. Please speak to our Client Liaison Worker if you would like to discuss making a donation.

Contact us

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www.rsorkney.org.uk

The office is staffed Monday - Friday 10.00 - 2.00
Appointments outwith this time available by arrangement

Relationships Scotland Orkney is committed to the promotion of equal opportunities in all its work.

A member of Relationships Scotland


RELATIONSHIPS
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