



YOU'VE GOT AN APPOINTMENT. NOW WHAT?

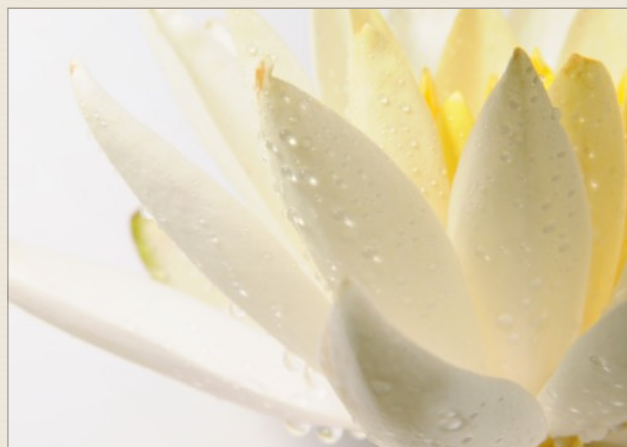
I am not sure what you know or indeed expect from counselling, so it is important to encourage you to think this through and address some of those thoughts or expectations in this leaflet.

The first time you come to see me may be a little nerve-racking. This could be that you are feeling scared, not sure that you are doing the right thing or that seeing a counsellor feels a bit heavy.

You can discuss with me what kind of help you think you would like and explain what help I can offer.

If you have any queries or worries about anything in this leaflet, we can talk it through at our next appointment.

WARRINGTON COUNSELLING



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WARRINGTON COUNSELLING



INFORMATION FOR CLIENTS



KENNETH KELLY - *Counsellor*

ABOUT COUNSELLING

Counselling is an opportunity to explore feelings and situations in a safe, secure environment.

I firmly believe that people need to be listened to and understood. In a counselling relationship I try to offer total acceptance and know that that it can be damaging to feel ignored and of no importance. I seek to support you non-judgmentally about whatever you disclose. I promise to always be honest and genuine.

It is my belief that if you are offered this kind of relationship, you will work out what is going on inside you for yourself. This will help you see more clearly an answer to the problem you are facing, or come to terms with the situations with which you are dealing.

I do not offer advice, I trust your own ability to resolve your difficulties and actively encourage you to be responsible for yourself. Confidentiality is assured. It is the foundation of any counselling relationship. Whatever you say to me will not be divulged to anyone - parents or tutors will not be informed unless there are legal or ethical obligation to do so.

Sometimes confidentiality can be difficult. If I seriously felt that you intended to harm yourself or others, if you were acting illegally with no intention of stopping your activities, or if you or another person were at risk, then I would need to take action. I would never do anything without informing you of my intention and the reason why I made my decision. To work ethically, I must make notes - which you are allowed to read. These will be retained for three years. Other personal details which are recorded are the number of sessions we meet and the date you attend.

WHAT IS EXPECTED OF YOU?

Please try to be punctual for our sessions. If you have to cancel a meeting, please inform me.

Switch off your mobile during the sessions.

Receiving counselling can be difficult at times - be prepared to stick with it when the going gets tough!

I promise to stick with you while you continue to come to counselling.

ABOUT ME

I chose my career as a counsellor as a result of experiencing some tough challenges in my own life. Having come through them, I felt a calling to extend a hand into the darkness of despair and offer hope to people during their own difficult times. I faced times, in my own life, where I felt alone. I felt nobody could possibly understand what I was going through and, at times, I wondered if my dark cloud would ever pass.

I find myself in a very different place today, and looking back, I clearly see how important it was for me to have someone I could speak to, to confide in and someone who accepted me for who I am and where I was at, without judgement. I am grateful to be a counsellor and I look at the work I do as a privilege.

My qualification is in Person-Centred Counselling and I am a registered member of the British Association for Counselling and Psychotherapy (BACP). I adhere to the BACP ethical framework for good practice. The code of ethics are listed on their website (www.bacp.co.uk) under the public information section. My practice is regularly monitored by supervision.



WHAT TO DO IF YOU ARE NOT SATISFIED

I aim to provide a helpful, warm and supportive environment in which you can explore any difficulties that you may have, and hope that you find the counselling experience positive and useful. However, if you are unhappy with any aspect of the service, please let me know.

Your feelings will be taken seriously and dealt with quickly.

I look forward to working with you.

KENNETH KELLY

