



### REQUEST FOR COUNSELLING FORM....

Comments from those who have used our Counselling Service:

- Counselling helped me to talk about what was bothering me
- I can cope much better with my change in circumstances
- Just having someone to share my grief with, really helped!

Any other questions can be addressed at your first appointment.

## "PURSUING EXCELLENCE... WITH YOU IN MIND"



### SHALOM COUNSELLING PRACTICE

A unique, discrete counselling experience for individuals & couples

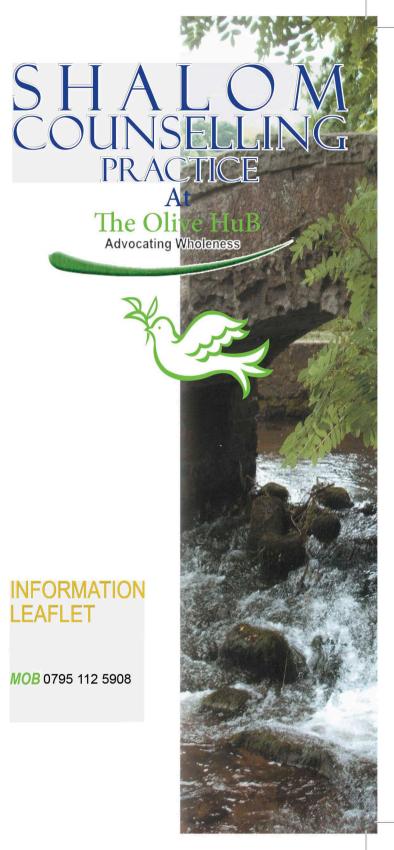
#### Membership

A.C.C. - Association Christian Counsellors

0795 112 5908

Email: shalomctenterprise@outlook.com www.shalomctenterprise@outlook.com

Booking Appointments: Please phone or email for an appointment (Sessions available weekdays, evenings and Sunday afternoon (from 4pm).



### SHALOM COUNSELLING SERVICE

Our Counselling Services will offer individuals or couples a safe confidential environment where your issues or concerns can be shared

### **OUR EXPERIENCE**

We have a wide range of experience in Counselling, Education and Empowerment working with individuals and families

# " HOW CAN COUNSELLING HELP ME?"

Counselling is a 'talking therapy' which can give you the opportunity to talk with a counsellor in a safe confidential place, separate from your daily life. You can explore issues or feelings which are causing you difficulty.

Your counsellor will aim to relate to you in a supportive and purposeful way, enabling you to develop perspective on your circumstances

### "HOW LONG IS EACH SESSION ?"

We initially offer you six one hour sessions weekly. Should you require further sessions your counsellor will agree this with you

### " WHAT ISSUES CAN I TALK ABOUT?"

People talk about different issues depending on what's happening for them, it can be health related, depression, confusion, bereavement, change in circumstances, relationship problems. work, anger issues, hurts, coping with crisis, or making decisions

#### "WILL I HAVE TO PAY?"

There is normally a £25.00 registration fee and future session fees will be negotiated with you. No one will be excluded from the service on their ability to pay

#### "WHO DO YOU HELP?"

Our services are available to people over **16 years of age**, of any faith or none. We will not discriminate on the grounds of race, gender, sexuality, disability, ability to pay or lifestyle.

All our counsellors are qualified and experienced - bound by a Code of Ethics and are subject to its complaints procedure. They receive professional supervision Internally and independently

# APPLICATION FOR COUNSELLING FORM

Name Address			٠.													-		
Home Tel * Mobile Tel																		
Email											•							
* I would prefer you to ring me on myphone no.																		
I understand a £25.00 registration fee will be charged at my initial assessment session and thereafter I agree to negotiate the fee amount with Shalom Counselling Practice.																		
Signed																		