

9. Counselling services

Why is there counselling at Glyndŵr?

Life at Glyndŵr can be exciting and hopeful, however there may be difficult times and issues may arise for which you need the support of a counsellor. There may be moments when you would like the support of another person to talk to.

What is Counselling?

Counselling offers the opportunity to think and talk in confidence about problems that concern you and are impacting on your life. This is offered through dialogue with a trained counsellor. Counselling may take the form of an individual one off session with a counsellor, to a group of sessions over a period of time. You can come and talk to a counsellor for any issue which is affecting your life.

How will it help?

Many experiences in life will have an impact upon our emotions and ability to cope. A counsellor can support you by enabling you to talk about your life and reach your own understanding of your experiences. Counselling can enable you to access other support networks and helping agencies. Self help materials and literature can also be accessed if required.

Is it for me?

Many people worry that their difficulties are not important enough to see a counsellor about. Sometimes people need the space to talk through aspects

of their lives that are causing difficulty and try and find ways to manage them. If any issue is worrying you or causing you distress, then it is important.

What can I expect?

Counselling appointments will last for 50 minutes. The session will take place in a designated quiet room, which is free from interruption. There is an appointment system to ensure that you are seen as soon as possible and at times that are convenient for you. An initial session will enable you to talk about your particular issues and discuss whether further sessions would be helpful. It will also enable you to ask any questions about the nature of counselling and any concerns you may have. The counselling relationship is collaborative, you may choose to have a single session, or a session every so often, or a series of regular sessions either weekly or fortnightly. These options will be discussed.

Counselling Staff

Our counsellors are professionally qualified, supervised and registered or accredited members of the British Association of Counselling and Psychotherapy (BACP) and the Association for University and College Counselling (AUCC). We also have counsellors on professional placement; they will also be members of the BACP and be supervised.

Counselling is confidential

The counselling service is run in accordance with the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy. In effect this means that the counsellors do not communicate with a third party about a person who is receiving counselling, except in very exceptional circumstances. These exceptions are outlined in the Confidentiality document which you will receive in the initial session. Sometimes the person receiving counselling may request that the counsellor communicates with a third party (e.g. a tutor or doctor) and this will be done only with the written consent of the person.

How do I make an appointment?

Call at Student Services 3rd Floor, Library or Tel: 01978 293266

You will be offered an appointment. During busy times we will offer you an initial appointment and you may need to wait until further sessions become available.

We will endeavour to see you as soon as possible for an initial assessment, however at busy times there may be a waiting list for further counselling sessions.

Email: counselling@glyndwr.ac.uk

Where is the counselling room?

The counselling room is located on the top floor of the Library building within Student Services. We have a very comfortable and private counselling room.

Counsellor

Gail Ashton MA Counselling

MBACP (Accredited) UKCP Registered Independent

Counsellor/Psychotherapist

All communications with the Counselling Service are confidential to the service. Appointments are made in confidence.

Address

Glyndŵr Counselling service

PP22S

Plas Coch

Mold Road

Wrexham

LL11 2AW