

## Preparing for counselling

Should you decide to come for counselling, take time to consider your problem and what your expectations might be.

If possible talk through the prospect of counselling with a professional person for example your Doctor, Church Minister, Social Worker, or a friend or colleague.

Write down any thoughts you may have and bring them with you.

Ask yourself if you really desire the change you are seeking.

Reflect on the consequences of change, what this might mean to your life.



## What is Holy Rood House?

Holy Rood House is a Therapeutic Centre with Residential as well as Day Visit facilities. It is part of the Centre for Health & Pastoral Care which offers a holistic approach to health and well-being and was established in 1993.

We have practitioners who are trained in Arts Therapies and believe the use of creative arts is an important aspect in health and well-being.

Body therapies are also available.

Regular and on-going training is given to maintain the highest standards possible. All practitioners are required to receive regular, independent supervision.



## Holy Rood House Counselling Service

**Phone: 01845 522580**

Holy Rood House  
10 Sowerby Road, Thirsk  
N. Yorks, YO7 1HX  
Reg Charity No. 1099836  
Company Ltd by Guarantee No 4647338

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Thirsk, N. Yorks  
YO7 1HX**

## Counselling Information



**Centre for Health & Pastoral Care**

**Tel: 01845 522580**

**[enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk)**

**[www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)**

## What is counselling or psychotherapy?

Counselling/psychotherapy is the process that enables you to talk about problems in your life. It takes place in a confidential setting where it feels safe enough to talk about a difficulty, pain or confusion in a way which is not possible with family or friends.

## What about confidentiality?

Holy Rood House is an organisational member of the British Association for Counselling & Psychotherapy (BACP) and works to their Code of Ethics and Practice. This ensures confidential information concerning anyone coming to counselling is protected.

## Will the counsellor tell me how to solve my problems and talk about things I'd rather not?

No, the counsellor will help you explore different ways of dealing with a situation, but the choice of whether or not you do anything about it is yours.

You will be encouraged to talk about many aspects of your life, and to express your feelings: but your wish not to discuss a particular matter will always be respected.

## How long will counselling last?

After the initial appointment, which gives you a chance to meet a counsellor and briefly tell your story, we will offer you more sessions.

Each session usually lasts for one hour.

Counselling may not offer an immediate solution to long term and often painful problems. You may discuss the option of having more sessions as counselling continues.

## What should I do if I can't attend an appointment?

Phone Holy Rood House as soon as you know the appointment is inconvenient. We will then contact you to make another appointment.

## What should I do if I feel better and don't want to see a counsellor again?

Discuss this with your counsellor for your 'ending session'.

## Who is the service for?

Holy Rood offers counselling for a wide range of problems to anyone over the age of 16 whatever their beliefs and background.

## How much will it cost?

You are asked to donate for each session within your means. We will suggest an amount depending on whether you are waged or unwaged.

## How can I apply for counselling?

**Tel: 01845 522580**

**if the phone is busy please leave a message & someone will return your call, or contact us through our website**

**[www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)**