

ASSESSMENT FOR COUNSELLING AT THE MAGDALENE PROJECT

Applying for counselling may feel like a big step into the unknown, hopefully the information that follows may reassure you about the process and a little bit of what you can expect at each stage. Please feel free to ask any questions before you come too, (**our contact details are Tel: 01706 870939 or email: office@themagdaleneproject.co.uk**) especially if you are worried and we can put your mind at rest.

What you can expect in assessment:

- Please allow up to 1.5 hours.
- An assessment involves letting you know about our service and how it is funded.
- The assessor will gather information from you- that will help them see if you are ready for counselling and if so, to allocate an appropriate counsellor to you.
- It is not your counselling, which will be offered at a later date when a counsellor becomes available who seems like a good match for you.

The information needed is:

- The reasons why you currently require counselling;
- An overview of your past history (loads of detail are not needed at this point)
- An idea of what you would like to get from working with a counsellor.

The assessor will:

- Fill in a questionnaire about your current situation affects your everyday circumstances,
- Pick from a list of emotions that are coming up for you;
- Will explain the process of counselling, confidentiality and the limits of that;
- Give you information on how we store and use your data;
- Discuss the funding of your sessions (we have options);
- Answer any questions you may have.

Please make every effort to attend the assessment and counselling appointments arranged with you, we are a charitable organisation, existing on donations, with professional counsellors who voluntarily give up their time to make the service accessible for all. Whilst we understand that sometimes unavoidable circumstances crop up, missed appointments cost us valuable time and money that could be used in much better ways, so we are limited in how many missed sessions we can allow. PLEASE DO NOT ATTEND if you are ill. .