

COUNSELLING AT THE MAGDALENE PROJECT

Now you have had your assessment, we will try and match you with a counsellor who has relevant experience and training. That counsellor will then contact you to arrange days and times, when they have a space available. Please feel free to ask any questions before you come.

Contact details are: 01706 870939 : office@themagdaleneproject.co.uk

What you can expect in your counselling.

- **Safety**- Counselling is a safe, objective space, just for you, to work therapeutically with a counsellor who is equipped to actively listen and offer informed interventions. You will never be forced to do anything you are not agreeable to. Our therapists also expect to be safe and so abusive behaviours directed towards our therapists will not be tolerated.
- **Professionalism**- Our counsellors are all professionally trained, please feel free to ask about their qualifications. We also have trainees from foundation degree courses on placement, who will have been assessed as fit to practice. All counsellors have continuous personal development training.
- **Accountability**- Counsellors have regular supervision from other counsellors who have undertaken further training and may have more experience, who provide accountability and can offer further interventions to work with clients, however your details remain anonymised, unless the below conditions apply.
- **Confidentiality**- Everything you bring to counselling remains confidential, with the exception of safeguarding issues, if a counsellor feels you or another person is at risk of harm then other agencies may have to be informed. They are also under a legal obligation to disclose a risk of harm to yourself or others; Safeguarding issues for under 18s or vulnerable adults; Any act of national security or terrorism, drug or human trafficking, money laundering. Counsellors will do so in a collaborative way where possible to do so.
- **Previous counselling**- If you have had previous experiences of counselling, your time at Magdalene may be very different. We will work with you as long as we feel is appropriate, it is not time limited. We do regular reviews which are a good time to voice or write any changes you would like to make to the process.

Please make every effort to attend 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.