

# Interactions

## COUNSELLING & SUPPORT SERVICES

### “WHAT IS COUNSELLING AND IS IT FOR ME?”

TIME IS A GREAT HEALER, BUT REMEMBER - HEALING TAKES TIME

### “WHAT IS COUNSELLING?”

Counselling is a process in which the counsellor and the client explore and identify options that may enable the client to become more empowered, taking responsibility for their own wellbeing.

#### **What counselling is NOT!**

It is NOT being given advice. It is NOT being told what to do or having ideas forced upon you. Neither is it a 'cup of tea and a chat'.

#### **What can clients expect?**

- A listening ear.
- Not to be judged.
- To be valued and respected.
- Support and empathy.
- Promise of confidentiality.
- Comfortable surroundings.
- Affordable support.

#### **What kind of people seek counselling?**

Anyone, irrespective of age, gender, culture or race, can benefit from counselling.

#### **Can the counsellor be trusted?**

YES. Counsellors working within Interactions are all fully qualified and abiding by codes of practice and ethics along with related complaints and procedures.

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### **What are the costs?**

Sessions are charged at an hourly rate which is agreed at the time of initial contract. Each contract is confidential to the client/organisation.

### **Is there a choice of counsellor?**

Interactions gives the choice of either a male or female counsellor, you choose whoever makes you more comfortable.

### **When should I seek help?**

- If you feel you are not coping.
- If you feel continually tired or tense.
- If you have ongoing sleep problems.
- If your work performance suffers.
- If there is an increase in drinking, smoking or arguments.
- If you start to have sexual problems.

### **Did you know?**

Experts believe that if you don't start to grieve at the time of death, or shortly after, the grief may stay bottled up. The effects can show up months, and even years later, which can manifest in a variety of different ways.

Anxiety disorders are quite common, affecting 5 per cent of the population at anyone time. Anxiety can be physically debilitating, and if left untreated can lead to depression.

It's estimated that nearly 1 in 3 adults in the UK drink more than the recommended daily amount of alcohol. Increased drinking can be a sign of depression. Getting to the route of the problem can stop the need to drink.

The number of divorces in Scotland rose by nearly 20% from 10,940 in 2005 to 13,014 in 2006. Couples counselling can help iron out problems in relationships National Statistics (UK GOV)

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### How can we help?

At Interactions we aim to provide a safe and comfortable setting where you can explore your problem issues comfortably and without any judgement.

We will provide an opportunity for you to focus on your issues and to explore thoughts, feelings and reactions which may have accompanied the experience of the problem issues. We will work, at your pace, through any issues in order to enable you to feel more empowered to live your life as you desire.

Interactions will provide, in the evening as well as the daytime, counselling sessions, with continued support, information and training also being available. We pride ourselves in offering a cost effective resource provided by qualified counsellors to businesses, organisations or individuals.

### Frequently asked questions?

- Is counselling for me?
- Who can I get to listen?
- What is wrong with me?
- Am I weak if I ask for counselling?
- How long do I have to come?
- What is the cost?
- Will it be confidential?
- Do you see couples?
- How can I trust you?

The answers to these questions differ for every person as we are all individual and unique. None of us react in the same way, therefore our needs have to be met in varying ways. Counselling will find the right way for you!

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## “WHAT SERVICES DO YOU OFFER?”

- Loss and bereavement
- Relationship problems
- Alcohol and substance abuse
- Sexual issues
- Work related stress
- Post Traumatic Stress

### Consulting Rooms

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The Text in this document was copied from a Leaflet supplied by Interactions Counselling & Support Services – George Davidson at the FIDN Network Meeting 03/03/2011 Balmullo Village Hall to put onto the FIDN website.  
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