



# Can Counselling Help?

A GUIDE FOR CARERS

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# About Southwark Carers

We are an independent, well-established charity with over 4000 carers currently registered with us. We provide information, advice and support to carers across Southwark

We are the voice for carers in the Borough speaking on their behalf about the issues that are important to them.

We aim to raise awareness of the rights and needs of carers in Southwark - working in partnership with other local organisations to make sure that carers get as much support as possible. Our Services include:

- Advice and advocacy to support carers on issues such as benefits and dealing with social services.
- An information pack and regular newsletter to keep carers fully informed on what is happening.
- Financial assistance to help carers take a break.
- Carers support groups.
- Social activity groups.
- Massage and relaxation.



For people supporting their disabled, frail or ill relatives and friends in Southwark



- Liaison with local health and social care to develop new ways of working.
- Regular events.

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# Can counselling help?

Being a Carer can be a challenging role. At times it can evoke distress, frustration and anger. We all live through difficult and distressing events or experience painful feelings.

While caring for a loved one these problems together with stress, illness or bereavement or on their own can damage our relationships and make it difficult to cope.

## What a counsellor does

The counsellor's role is to help you gain a greater understanding and awareness of yourself and the problems you have to face. A counsellor will not tell you what to do, but will encourage you to develop confidence in your own ability to help yourself.

Counselling involves meeting weekly to talk about sometimes difficult or personal issues to help us find better ways of dealing with them. For this reason trust, confidentiality and a safe environment are all part of the service.

## Our counselling service

Southwark Carers offers one-to-one counselling for adults caring for someone living in the London Borough of Southwark. Counselling will usually be weekly for a period up to 13 weeks.

Counselling is provided in venues across the borough of Southwark including Counselling and Health Centres.

Our counsellors are either in advance training or have already qualified and receive regular professional clinical supervision.



One-to-one counselling for adults caring for someone living in Southwark.



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The Counselling Service works to the British Association of Counselling & Psychotherapy Ethical Framework for Counselling.

### What you can expect from us

- Courtesy and confidentiality.
- No discrimination on any grounds.
- A safe, non-judgmental space for you to talk
- A professional & clinically supervised service.

Counselling is usually provided in English. Other languages are available if spoken by a counsellor.

It might take time to allocate the right counsellor to you depending on availability and the time of year.

*We offer counselling during days and evenings, subject to availability.*



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# Southwark Carers Psychological Therapies Service

## What is the Southwark Carers Psychological Therapies Service?

Southwark Carers Psychological Therapies works with adults who have common psychological problems including depression, stress, anxiety and phobias.

You would have sessions with clinical staff with specialist training and experience. We offer a range of psychological help and support, including CBT (Cognitive Behavioural Therapy).

You can use our service if you are registered with Southwark Carers and care for someone who is resident in Southwark.

## How do I get a consultation appointment?

You can call us on 020 7708 4497 (9:30-5:30 Monday to Friday) for an initial consultation appointment.

Please complete the questionnaires

in this leaflet and have the answers with you when you call.

Please be aware that the initial telephone assessment may take up to 20 minutes, and you need to be somewhere private where you can talk openly.

If you leave a message please say what day and time you will be available for us to call you back.

We are not an emergency service. If you are in crisis and need urgent help please contact either your GP, or attend the Accident and Emergency Department of your local hospital (24hrs). If you are unable to leave the house you could also call the Samaritans on 08457 90 90 90 at any time.

If you have any queries or questions you would like to ask us, please contact us on the number on the back of this leaflet.

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## How do you work?

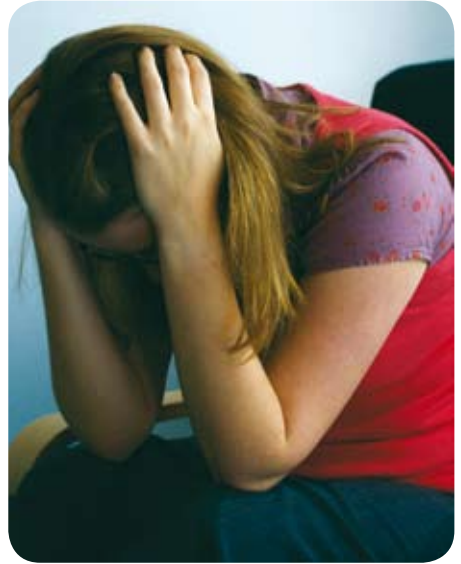
Southwark Carers practice person centred counselling using the CORE system.

Person centred counselling is a form of talk therapy designed to help clients find their own solutions to their problems.

The CORE system allows counsellors to follow a clients progress and identify areas to discuss, without leading the session.

A person centred therapist makes every attempt to foster an environment in which clients can encounter themselves and become more intimate with their own thoughts, feelings and meanings.

The questionnaires in this booklet are a simplified introduction to the CORE System.



When you meet with a counsellor for your initial assessment they will go through an extended version of these questionnaires to gain a greater understanding of your needs.



We offer a range of psychological help and support, including CBT.



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## Are there any risks or side effects of having psychological therapy?

There is substantial evidence that talking therapies work but they don't suit everybody. Therapists use different methods and some might work better for you than others.

Therapy can be upsetting or feel like hard work because you are trying to find new ways of dealing with your difficulties .

Please do ask if you'd like to know more about what to expect from psychological therapies.

We'd be happy to talk to you but we also have leaflets from many other organisations (including MIND and the Mental Health Foundation) that we could to send you.



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# Questionnaires

Please fill in the questionnaires and have the answers with you when you call us to make an appointment.

Tick a box to indicate your answers and then add up the numbers in the boxes to give your total score.

If you score less than the number indicated, please look at the Southwark MIND website for further information on all wellbeing services that are available to you.

[www.southwarkmind.org.uk](http://www.southwarkmind.org.uk)

tel: 020 7358 7030

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest in doing things.	0	1	2	3
2. Feeling down, depressed or helpless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3

	Not at all	Several days	More than half the days	Nearly every day
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching TV.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts you would be better off dead or of hurting yourself in some way.	0	1	2	3
			<b>Total:</b>	

**If you score 10 or more, please call us.**

# Questionnaires

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge.	0	1	2	3
2. Not being able to stop or control worrying.	0	1	2	3
3. Worrying too much about different things.	0	1	2	3
4. Trouble relaxing.	0	1	2	3
5. Being so restless that it is hard to sit still.	0	1	2	3
6. Becoming easily annoyed or irritable.	0	1	2	3
7. Feeling afraid as if something awful may happen.	0	1	2	3
			<b>Total:</b>	

If you score 8 or more, please call us.

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Please choose a number from 0 - 8 to show how much you would avoid each of the situations below (where 0 is 'would not avoid it' and 8 is 'always avoid it').

1.	Social situations due to fear of being embarrassed or making a fool of myself.	
2.	Certain situations, an example due to fear of having a panic attack or other distressing symptoms (such as a loss of bladder control, vomiting or dizziness).	
3.	Certain situations, an example due to a fear of particular object or activities (such as animals, heights, seeing blood, being confined in spaces, driving or flying).	

If you score 4 or more in any of the boxes above, please call us.

### Any further questions?

Please phone us on 020 7708 4497 with any queries or to make an appointment.

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