

Counselling is a form of therapy that offers people a chance to change how they feel. This can be facilitated in a safe space through the non-judgemental quality of a relationship between the client and counsellor.

At different times in most of our lives, we experience distressing events that seem to overshadow/impair everyday living.

Sometimes, we are certain that our feelings and moods are caused by particular circumstances such as:

Low self-esteem

Bereavement & loss

Anxiety/Stress

HIV & health issues

Isolation

Identity

Relationship difficulties

Academics

Learning support can help you to develop your skills so that your work reflects your true abilities

For further enquiries contact:

Tel: 020 8312 5021

Email: [layidew@gcc.ac.uk](mailto:layidew@gcc.ac.uk)

Published Jan 2006

### **The aim**

The aim of counselling is to help people to clarify their thoughts and feelings so that they can arrive at their own decisions and to support their personal growth. It is to assist in exploring any difficulty the client is having e.g. distress and loss of direction.

### **Confidentiality**

The counselling service is strictly confidential and works to the British Association for Counselling and Psychotherapy (BACP) Code of Ethics and Practice.

The session usually lasts for 50 minutes. Sometimes one session can be sufficient, other clients feel the need to meet the counsellor for several sessions. This will be explored in the first meeting. The sessions are usually held in the Counselling room at the Burrage Centre.

### **Referral process**

Referrals could be done by key support staff, your tutors or self referrals by telephoning Caterina on **020 8488 4892** or Jean on **020 8488 5000**. You could also seek advice from any member of the student services department.

### **DROP IN SESSION**

Every Morning  
9.30 - 10.00am

*Please ask about this  
at Burrage Reception*

LEARNING SUPPORT

Counselling