

For further information about WAVE please contact your nearest centre

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**COUNSELLING & PSYCHOTHERAPY**



or visit our website at [www.wavetraumacentre.org.uk](http://www.wavetraumacentre.org.uk)

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## Counselling & Psychotherapy

WAVE endeavours to support those who have been bereaved, injured or traumatised as a result of the conflict in Northern Ireland.

The effects of trauma on an individual's life can be devastating. The security and stability of someone's life can be shattered, leaving both the present and the future out of focus.

WAVE recognises the importance of the support and expertise offered by our highly qualified professional counsellors and psychotherapists.



### What is counselling?

Counselling provides an opportunity for expressing thoughts and feelings, whilst exploring options for coping and recovery. The aims of counselling include: relieving distress, developing coping skills and building therapeutic goals for the future. Attending counselling is a personal choice, where people can avail of support when they feel it's needed.

### What happens in counselling?

In counselling, an individual or group of people enter into a process of self-exploration in the context of their wider social relationships. Exploring the effects of trauma and bereavement can be painful, but ultimately rewarding as people adapt to their circumstances and begin to look forward to a better future. At WAVE, our youth (6-17yrs) and adult counselling services also link closely with other services such as complementary therapy, outreach, peer-group support, welfare and trauma training.

### How do I access it?

By contacting your nearest WAVE centre, outreach staff can assist by organising an initial meeting with a counsellor at a convenient time. This is a meeting where you can discuss how counselling may be of benefit to you. If you or the counsellor do not feel counselling is appropriate at the time, alternative options or areas of support can be explored.

### How long does it last?

WAVE offers 12 individual sessions, which can also be extended where required. You and your counsellor can agree on a regular appointment schedule, depending on your needs. Each session lasts for approximately one hour and the timeframe for the counselling process can range from a few sessions to several months.

### Is it confidential?

WAVE provides a confidential counselling service. The information you share with your counsellor is not available to anyone without your prior permission. However, there are certain exceptions imposed by legislation regarding situations of risk or criminal offences where confidentiality may need to be broken.

WAVE counsellors provide high quality, evidence-based services and work in accordance with the BACP codes of ethics and practice. Professional standards are maintained through regular supervision and appropriate training.