

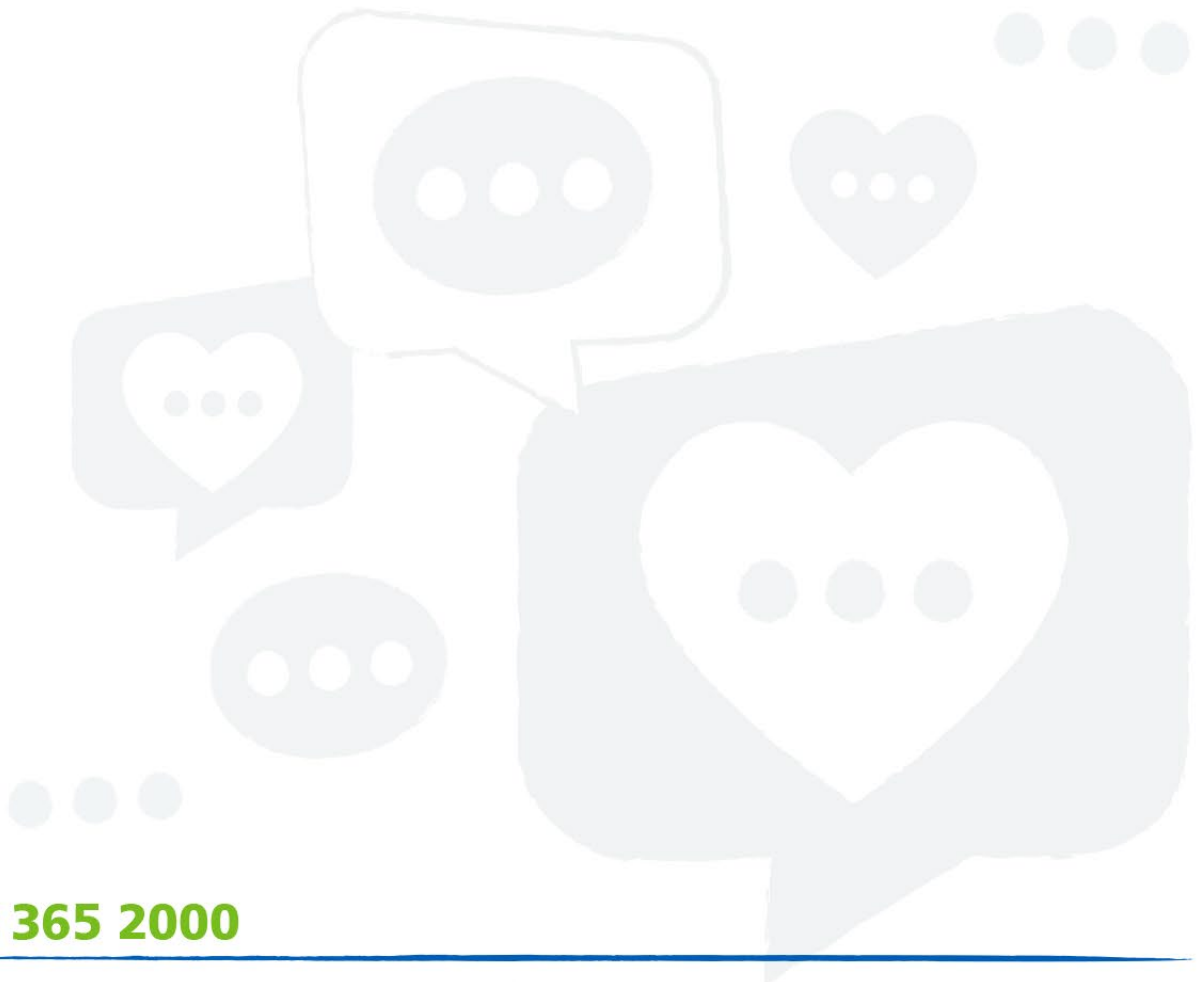


Talking Therapies
Workbook...

Workbook 15

Moving to counselling

A self-help guide



 **0300 365 2000**

Contents of this booklet

❑ What is counselling?.....	3
❑ What to expect from counselling.....	5
❑ Getting the most out of counselling.....	6
❑ What now?.....	7
❑ Notes.....	8
❑ Further resources.....	9
❑ Useful contacts.....	10



As you work through the booklet, feel free to make notes on the pages and use the “notes” page at the back

What is counselling?

Introduction

Sometimes we need to explore issues which are painful and confusing, and don't feel able to talk about them with friends or family. Counselling offers a space where you can do this.

Why am I moving from a CBT approach to a counselling approach?

Both CBT (Cognitive Behavioural Therapy) and counselling have shown to be effective for a wide range of difficulties.

CBT is recommended for symptoms of anxiety and depression and offers tools to alleviate your symptoms. Counselling at NHS Berkshire Talking Therapies is specifically recommended for depression. This approach is more explorative and allows you to explore and understand your depression symptoms.



What is counselling?

What kind of things can I talk about?

Everybody is different, however, some of the areas covered in counselling include:

- Loss
- Bereavement
- Loneliness
- Relationships
- Stress
- Self esteem
- Significant life events

Through exploring your difficulties with a counsellor, you may gain new understanding which can support you in finding your way forward and help you to feel better.

What happens next?

You will be offered a counselling treatment planning session which helps you and your counsellor understand what is important for you to focus on.

There may be a wait between your counselling treatment planning session and ongoing counselling; this will be explained to you at your first appointment.



What to expect from counselling

Following your treatment planning session, you will be offered up to six sessions of counselling depending on the nature of your problem and what you wish to discuss with your counsellor.

Within your sessions the role of the counsellor is to facilitate rather than direct, this encourages empowerment and helps you to develop your own insight, clarity and self-understanding.

Each session will last about 50 minutes and usually take place at the same time and place weekly or fortnightly.

Sessions can be offered face-to-face, via telephone or by video consultation.

You will be sent weekly questionnaires to complete prior to your session. The questionnaires focus on your symptoms and help to identify problem areas, guide treatment and monitor progress.

Sessions will also involve regular reviews of any risk that may have been identified early in treatment to ensure your ongoing safety.



Getting the most out of counselling

Five top tips for your sessions

To get the most out of your counselling sessions we suggest you:

- Be committed to your counselling.
- Attend all sessions as planned and on time.
- Be honest, open and active within your sessions.
- Allow yourself sometime after your session to gather your thoughts.
- Spend time in between sessions reflecting on what was discussed.

The patient-counsellor working relationship

The counsellor comes to the therapy sessions with knowledge and tools to treat common mental health difficulties such as depression. You come to therapy as the expert of your own difficulties that you are personally experiencing.

You and your therapist will then work together to understand your difficulties better, and to find tools that will work for you. This process is a collaborative one, and both you and your therapist will be working towards the same goal.

For successful treatment, there has to be honesty and openness in the relationship. Your therapist will not have a hidden agenda and will be working with you to achieve your goals. Being honest about your problems will help you get the most that you can from treatment.

You will get the most out of treatment if you come to therapy with an open mind and a willingness to work on your emotions and to talk through issues.



What now?

While you're waiting for counselling, you may find it helpful to access some of the self-help resources on page 9 or on our website.

You may have also been given some of our self-help workbooks. We have various workbooks including:

- Sleep hygiene
- Behaviours and low mood
- Worry
- Problem solving.

If you feel any of these would be helpful, speak to your Psychological Wellbeing Practitioner.

You'll have the opportunity to receive a review call with one of our therapists to check on your wellbeing. We will be in touch with you via email to offer this.



Further resources



Workbooks

Centre for Clinical Interventions (CCI) – <https://www.cci.health.wa.gov.au/>

A range of detailed resources and PDF workbooks available to download for free focusing on a range of depression and anxiety related difficulties.

Northumberland, Tyne and Wear NHS – <https://web.ntw.nhs.uk/selfhelp/>

Self-help guides free to download by PDF and print on a range of difficulties including anxiety and depression.

Smartphone apps (found on Apple and Google Play store)

Google Calendar ([Apple](#) and [Google Play Store](#))

Daylio – diary mood tracker ([Daylio Webpage](#))

Relax Melodies – relaxing sounds to help you sleep ([Apple](#) and [Google Play Store](#))

Sleep Cycle – tracks and analyses your sleep ([Sleep Cycle Webpage](#))

Websites

Mind – <https://www.mind.org.uk/>

Mental Health Foundation – <https://www.mentalhealth.org.uk/>

NHS – <https://www.nhs.uk/mental-health/>

Mood Juice – [Sleep Problems - Self-help Guide](#)

Useful contacts...



Talking Therapies:

0300 365 2000

(Open 8am to 8pm Monday to Thursday
8am to 5pm Friday)

Email:

talkingtherapies@berkshire.nhs.uk

Other contacts:

Berkshire Crisis Team:

0800 129 9999

(24 hours, specialist service for
immediate mental health crisis)

Samaritans:

116 123

(24 hours, confidential listening service)

NHS Direct / out of hours:

111

(24 hours, physical and mental
health concerns)

In an emergency always call 999

