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DERBY WOMEN'S CENTRE

4 Leopold Street

Derby, DE1 2HE

Tel/Fax: 01332 341633



Derby Women's Centre

Funded by Derby City Council
REG. CHARITY No: 1135743

*Counselling Services -
Codes of Practice*

All Counsellors are required to work

within a Rigorous code of ethics and Professional Practice and are either members of the British Council of Counselling and Psychotherapy (BACP) or United Kingdom Council of Psychotherapy (UKCP)

Strict Confidentiality is observed as part of the professional Code

All the counsellors are committed to their own continuing professional development and attend supervision on a monthly basis

Supervisors are also bound by confidentiality and the BACP & UKCP code of ethics.

Improving the quality of life for women in Derbyshire

Email: enquiries@derbywomenscentre.co.uk

Website: derbywomenscentre.org.uk

People come to counselling for many different reasons. Counselling can be helpful in a variety of situations, these may include:

- Depression
- Anxiety / Panic and Stress
- Abuse (emotional, sexual and Physical)
- Bereavement and Loss
- Self Esteem / Confidence
- Relationship difficulties
- Domestic Violence
- Eating disorders
- Sexuality and Identity Issues
- Substance Misuse

There may be many more not listed here.

Sometimes people feel unfulfilled, but don't exactly know the reason for their unhappiness or difficulties.

Counselling can raise awareness and help people to understand themselves better. Your counsellor will guide and help you make your own choices.

What You Can Expect

Personal dignity & Respect

The Client is always treated with respect, courtesy, dignity and entitled to privacy, And no discrimination of any kind.

Information

The Client is given written information on her rights & obligations within the first session, along with a copy of the contract agreed to.

Accessibility

Every endeavour is made to arrange date / times which are acceptable to the client.

Complaints Procedure

A complaints procedure for the client is contained in the information given.

Confidentiality

A Client is given a statement of Confidentiality which is strictly adhered to at all times.

Care / Support

Every client is treated individually & offered appropriate counselling which recognises the individuals needs and beliefs.

The client is informed of alternative services which maybe of help / assistance as appropriate.

What To Do Next

You can self refer via telephone or call in person for an appointment for an Initial Assessment. (See back of leaflet for details)

The Initial Assessment will take approximately 1 hr by a qualified / accredited counsellor who will talk to you about what you would like to gain from counselling and to ensure that counselling is the most suitable kind for your needs.

Once you have been assessed you will then have a counsellor allocated to you who will contact you to arrange a mutually convenient appointment for you to commence your counselling.

You will be offered a maximum of 20 sessions; each lasting 50 minutes.

Fees

These are charged per 50 minute session and are based on a sliding scale according to individual Circumstance.