

What is counselling?

Counselling or talking therapies provide you with a safe and confidential space to discuss your thoughts, emotions and behaviours with a trained professional.

Each counselling session will last 50 minutes. You will agree with your counsellor how often you wish to have therapy, but typically this will be weekly or fortnightly.

At Age UK County Durham, we offer Covid-safe face to face counselling in your own home, over the telephone or virtually.

Through counselling you are given the opportunity to build a healing relationship with your therapist. Your counsellor will not give you advice or their opinions, but they will listen to you with understanding, empathy and help you build tools to manage and better understand your situation.

You will first meet with your counsellor to have an assessment session, this determines what you might want to get out of the therapy and whether you are able to work together. You will agree on a therapeutic contract so there is a clear understanding with both parties about the goals of the therapy.

People attend therapy for a whole host of different reasons; some may be feeling anxious or depressed, some might have relationship or workplace issues, and others might want to explore their past.

Counselling is suitable for people who want to explore their thoughts, emotions and behaviours in a safe objective space.

Call Amanda on 0191 374 6570 or Amy on 0191 374 6562

