

Counselling

Why use a counselling service?

You may identify an employee that could use some counselling to address an issue that is impacting on their work and productivity. It may not be directly related to the workplace and their workload but as a valued employee who makes an important contribution to your business you wish to provide them with some external support. You have invested in them through training and development and their potential absence through sickness or a stress related condition will have a real impact on your business.

By providing access to counselling you can –

- ✓ meet your 'duty of care' as an employer
- ✓ demonstrate 'reasonable adjustment' under equalities legislation
- ✓ support any outplacement processes

What is counselling?

It is often easier to talk to someone who is not involved in your life to get another perspective. Counselling offers a safe, confidential place for your employee to talk about anything that may be confusing, painful or uncomfortable. It allows them to talk with someone who is trained to listen attentively and to help them improve things.

It is a very personal process and sometimes it is necessary to talk about painful feelings or difficult decisions, so they may go through a period of feeling worse than when they started. However, counselling should enable them to feel better in the long-run.

Counselling helps a person to understand their motivations and actions. It can also lead to improved communication and understanding of other people, such as work colleagues.

Our counsellors

All the counsellors are carefully recruited and trained to Diploma level, working within the British Association for Counselling and Psychotherapy (BACP) or United Kingdom Council for Psychotherapy (UKCP) ethical framework.