

Issues suitable for pilot counselling service

Community Counselling is piloting a brief counselling service for people, aged 16 and over, living in Ryedale, experiencing mild to moderate levels of emotional and psychological distress.

This sheet provides information about the pilot and what is an appropriate referral.

The pilot starts September 2021 and will be delivered primarily by trainee counsellors, supported by qualified and experienced staff providing assessment, mentoring and supervisory support.

Clients will be offered up to eight counselling sessions, rather than the standard six sessions.

Unfortunately, the waiting list for the brief counselling service in Ryedale is still closed but the pilot is being offered for clients who meet the following criteria:

Mild to moderate levels of distress

- score below 15 on the [PHQ-9](#) [depression severity] scale
- score below 15 on the [GAD-7](#) [anxiety severity] scale
- score below 20 on the [CORE-10](#)¹ monitoring tool

A qualified and experienced counsellor will conduct a 30-minute triage/assessment for all clients referred to the pilot before clients are allocated to trainee counsellors. Clients will be offered a choice of a face-to-face or remote [telephone or online] appointment.

Suitable presenting issues²

- ✓ Anger
- ✓ Mild to moderate Anxiety/Stress
- ✓ Bereavement and other types of loss such as redundancy
- ✓ Low self-esteem/negative self-image/feelings of being different
- ✓ Personal development
- ✓ Mild to moderate depression
- ✓ Relationship difficulties
- ✓ Sexuality

¹ Client Outcomes in Routine Evaluation

² Please note that this is not an exhaustive list.

- ✓ Significant life changes
- ✓ Work-related issues

Other criteria

1. Does the individual understand what counselling is? The '[What is Counselling?](#)' page on our website provides information about the benefits of counselling.
2. Is the individual **ready** to access counselling?
3. Are they self-motivated? **Client motivation** is key for treatment effectiveness
4. Is the individual prepared to do the work themselves, rather than expect others to do things for them? Counselling is a **collaborative process**.
5. Are they able to tolerate the **emotional distress** that counselling might release? Initially, clients start to feel worse before they begin to feel better.

How to refer

Clients can self-refer or be referred to the pilot by using the [contact form](#) on our website. Clients can also telephone us on 01653 690 124, Monday to Thursday between 1 and 4pm to self-refer.

Other Community Counselling Services for which there is no waiting list

Longer-term Counselling

Are they a **survivor of sexual abuse**? We provide longer-term counselling to survivors under a project funded by **Lloyds Bank Foundation**. Survivors can also access other services [[see our website](#)] provided by **Survive** under the same funding.

Victims of Crime

Is the individual a victim of crime? They might be eligible for help and support, including up to 10 counselling sessions from ourselves, via the **Supporting Victims** service. Victims can self-refer or be referred by any statutory or voluntary agency by calling **01609 643 100** or visiting the website: **www.supportingvictims.org**