

BURNFIELD MEDICAL PRACTICE

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What is Counselling?

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues, in a safe and non-judgemental environment that may not be possible with family or friends. We recognise that everyone is different and will experience their feelings in different ways. Counsellors will not give advice or direction, nor will they make decisions for you. However, they can support you in clarifying issues and developing your own insights to help you make sense of things and understand yourself better.

Counselling can help you manage and cope with many issues such as:

- Depression
- Anxiety
- Eating disorders
- Low self esteem
- Sexual Identity
- Bereavement
- Relationship issues
- Work Related Stress

Support is not restricted to the above issues and can be anything that affects your emotional wellbeing.

What Happens Now?

If you wish to see a counsellor, then please discuss this with your GP.

You will be added to our waiting list, and sent confirmation of your appointment when one becomes available.

Your first appointment will allow you to build a relationship with your counsellor and collaboratively explore what you hope to achieve from the counselling process and what issues to focus on.

If, for any reason, the day/time is unsuitable please contact Julie and she will keep you on the waiting list for the next available appointment.

You will be offered up to 6 sessions. Some people feel that counselling isn't for them and that's okay. Your 1st appointment will allow you to build a relationship with your counsellor and collaboratively explore what you hope to achieve from the counselling process and what issues you wish to focus on.

There is no need to notify reception when you come to see your counsellor. Just come along to the surgery and take a seat in the waiting room where your counsellor will call you.

Your counsellor will share their contact details with you, and vice versa, so you can contact each other directly should there be a change to your appointment.

If you miss an appointment without informing your counsellor then due to our waiting list we will have to reschedule your appointment to a later date and offer your current appointment to someone else.

Confidentiality

Counsellors have an ethical duty of care to share any concerns with your GP. If it was felt there was a risk of harm counsellors would discuss with you first before speaking to your GP. We have specially trained counsellors to support adolescents.