

# Presentation

*Sorted Counselling Services*

*Grove Corner*

*76a High Street North*

*Dunstable*

*Beds LU6 1LE*

*Tel: 01582 891435 (Clinical Office)*

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Julie Bowes Director

Ann Day Clinical Manager

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# History of Sorted Counselling Service

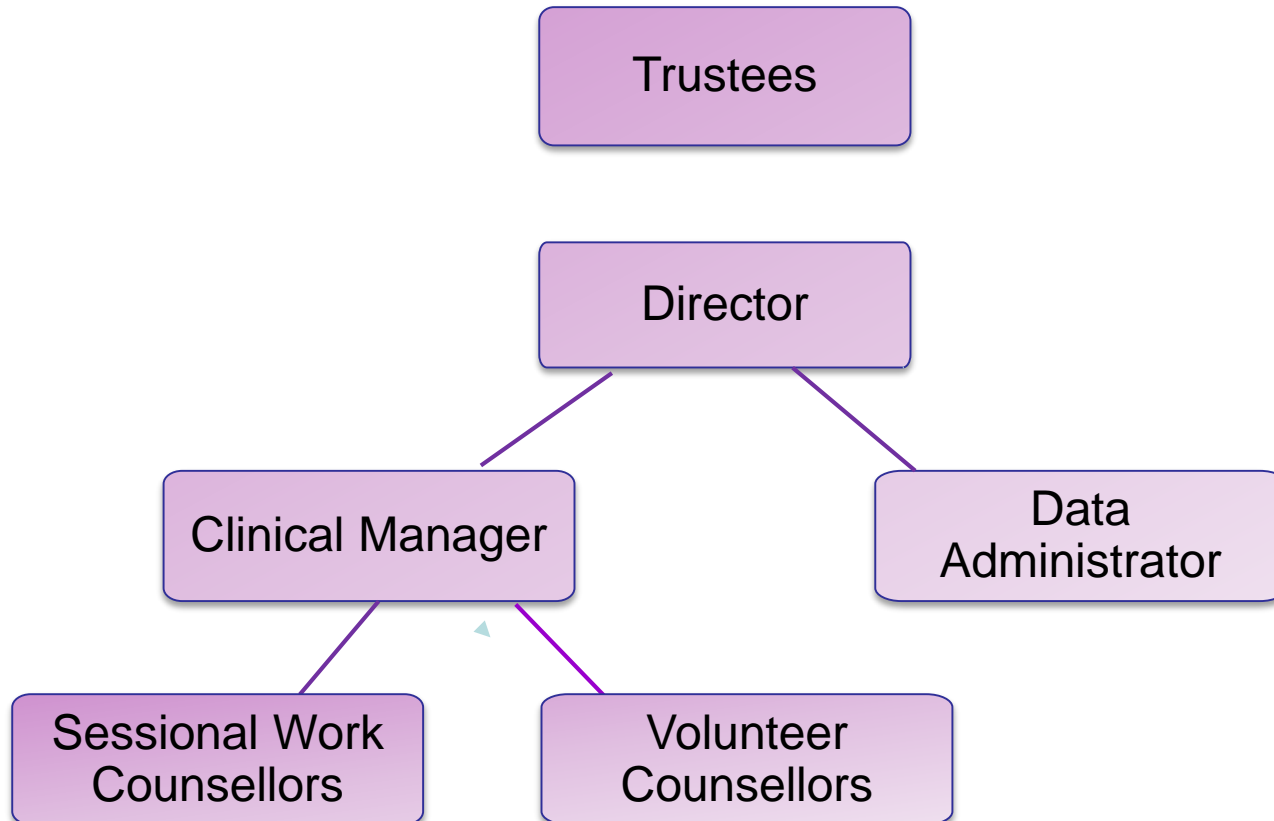
- 1996: Steering committee with a shared vision for a self referral young peoples counselling service
- 1997: Established Registered Charitable Counselling Service
- 1998: Established member YIACS Advisory Services
- 2010: Registered Charitable Limited Company

# Sorted Counselling Service

## What we do

- We offer up to 12 sessions of 1:1 counselling at Grove Corner in Dunstable
- We have a project which offers children and young people who have been affected by Domestic Abuse 1:1 therapeutic interventions
- We have counsellors who go into schools on a school contract offering 1:1 counselling in blocks of 6 weeks
- We offer, in partnership with Relate, a 1:1 counselling service in the Tokko Centre in Luton

# Organisational Chart



# Staffing Qualifications

Sorted follow the BACP codes of ethical practice including 30 hours of CPD and 18 hours of Clinical Supervision both internally and externally annually for practicing therapists

Supervision groups are held fortnightly ensuring the safety of the clients and case load management

Counsellors on specific contracts have had at least one year or more child/young people's oriented post qualified training. New volunteers are recruited from universities and colleges each year

Currently the service has 14 post qualified therapists to Diploma or Master level and 4 students. All members of the Team have been DBS checked

Over the past two years all counselling volunteers and employees have had additional training in safeguarding of young people, domestic abuse and play therapy skills

# Presenting Issues

- Lots of young people and children get referred to us by the adults in their lives, be it by parents, carers, school staff or other professionals
- The referring issue or problem as depicted by another is not always the underlying issue that the young person has. We endeavour to unpick the layers, and give space to explore the experiences and emotions around these issues
- The counsellor, really listening to the young person, is the most important part of the process
- The connection built between the young person and the counsellor, being congruent and genuine, is the building blocks to trusting in their own sense of worth

## Presenting Issues – Not Exhaustive

ANXIETY

SELF - HARM

DEPRESSION

LOW SELF-ESTEEM

RELATIONSHIP PROBLEMS

BULLYING

ANGER

## Sorted – Why it Works

What is stated at referral is not generally the whole picture

The 12 week interventions enable us to explore the presenting issue and what lies behind it

This process gives the young people time to learn about themselves, how they deal with difficulties

And build resilience to help to cope as they move on with their lives



## Case Study

### What the Counsellor felt;

*I feel the counselling process allowed my client the freedom through the therapeutic relationship to explore her fears and hopes, to develop an understanding of her emotions, to talk about the positives she had in her life and to experience a positive ending that was controlled and safe.*

## Case Study

### What the Client felt;

*I came to counselling because nothing was going right in my life. I felt worried all of the time to the point of feeling sick, and not being able to focus on anything. Everybody else seems to have their life sorted, and I am just a mess. When people ask me what's wrong I could never say one thing, because everything felt wrong!*

## Y P Core Outcomes and SDQ's

We use SDQ's at the beginning, middle and end of the interventions (Strengths and Difficulties Questionnaire)

YP-CORE's are used on a weekly basis – to measure the effectiveness of the intervention (Young Persons Core)

An End of Counselling questionnaire is given at the last session, which is anonymous, and a star rating form for satisfaction is also given