

St Barnabas Counselling Centre (St Bs)

Counselling in the community



Nestled away in an estate off Dereham Road, located next to St Barnabas church you will find our Counselling Centre 'St Bs'- a tranquil place where you will be warmly greeted for the support and care you are seeking.

We are a non-for-profit organisation, offering low-cost counselling in the community. We offer short to long term therapy from a team of dedicated and professional counsellors.

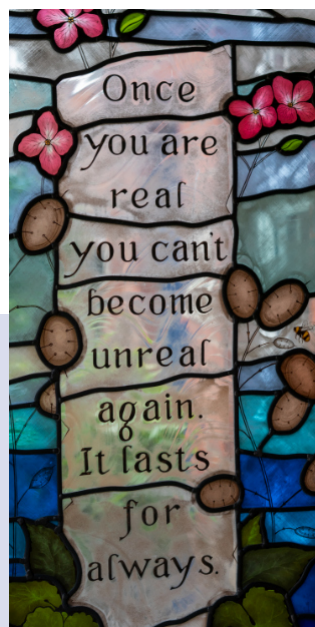
Our service is accredited by The British Association for Counselling and Psychotherapy (BACP) and governed by their ethical framework.

Our Counsellors

We have a Team of 25-30 Counsellors who come from a variety of backgrounds and training. The majority are experienced qualified professionals and some are trainees in their final year of training. All are carefully selected and give 3-4 hours of their time voluntarily to help keep our costs low. We will always endeavour to match you with an appropriate Counsellor.

Various orientations we offer include: Person Centred, Integrative, Cognitive Behavioural Therapy (CBT) and Psychodynamic. These will be discussed during the intake session.

To find out more about different approaches see the BACP website: <https://www.bacp.co.uk>



What happens when you see us

Counselling can help you understand aspects of your life which may be difficult and/or overwhelming. We aim to help you find the core of your difficulty and to clarify your own strengths and resources.

Intakes - Here you can share what brings you to counselling and what you hope to achieve from coming. If we feel we are the right service for you, you will then be placed on our waiting list until a counsellor can offer you regular sessions. Your counsellor will usually be a different person than who you see in the intake session. Your availability will influence how quickly you may be seen.

We offer: Individual Counselling and Employee Assistance Counselling.

Delivery method:

- In person.
- Online/Telephone in exceptional circumstances (e.g. mobility/health reasons).
- Counselling is usually weekly.
- Counselling sessions are 50 - 60 minutes with the same counsellor each time.
- Employee assistance counselling is usually limited to 4 - 10 sessions.



Employee Assistance Programmes: Clients have their employer opt to pay for their counselling and will usually be limited to a fixed number of sessions. Speak to your Manger or HR Department to see if this is offered at your workplace.

What is the cost?

Our professional counsellors give their time without charge for certain days each week. There are however, still substantial costs in running the Centre and in order to provide our services we do need a contribution towards your counselling.

This is valued by us and can be an important part of your own commitment to your counselling process. Your contribution will be discussed at intake.

“It's difficult to really put into words how much St.Barnabas has helped me to heal and move forward. The compassion, warmth and understanding I was afforded during my sessions has been some of the most valued of my life and I will always be appreciative.”

Individual Counselling Session

Intakes: £18

As a guide we suggest:

£18 per session for those on benefits
£20 per session for those on income less than £15,000
£25 per session for those on income £15,000-£20,000
£30 per session for those on income £20,000-£25,000
£40-£50 per session for those on income £25,000 + above
Evening Sessions (5-7pm) minimum charge £28.
Card or BACS payments preferred

Your circumstances - If you are unable to pay the minimum contribution of £18 per session, every consideration will be given to your financial circumstances to ensure that we can offer you counselling.

Cancellations - If we do not receive 24 hours notice of you being unable to keep an appointment, or if you do not keep an appointment, we will ask for your normal contribution for that session.

Confidentiality

We recognise the importance of confidentiality. All information which you may disclose will normally be confidential within the Centre.

There are, however, limits to confidentiality: Counsellors discuss with supervisors their work with clients. Care is taken to ensure you will not be identified.

Under exceptional circumstances your counsellor may need to break confidentiality if there are grounds for believing that serious harm may occur to you or to another person. We would discuss this with you beforehand.

If you are involved with the courts or the legal system please mention this at your first meeting.

Data Protection

The Centre keeps a record of your contact with us and a copy of the Centre's confidentiality policy is available on request.

Complaints

Should you have any complaints you may raise them with your counsellor or you can request a copy of the Centre's complaints procedure from our reception.

All counselling is likely to be more helpful to you if you attend regularly.



Opening Times:
Monday 9-7
Tuesday 9-5
Wednesday 9-7
Thursday 9-5
Friday 9-4

How to find us

Bus: Public transport travels along Dereham Road and Heigham Street. Please check local bus timetables.

Car: Access via Heigham Street only. St Barnabas is in a controlled parking zone - 2 hour spaces on Russell Street and Orchard Street. The parking spaces in front of the Centre are reserved for Centre staff and clients with disabilities.

(01603) 625222 admin@stbcc.org.uk www.stbcc.org.uk

St Barnabas Counselling Centre, Derby Street, Norwich, NR2 4PU

Registered Charity No. 1000797 Company No. 2535600

A company limited by guarantee
St Barnabas Counselling Centre was founded in 1974 and is a registered charity.
We are an open organisation with no religious affiliations.

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collective mark