

Welcome

to the Holistic Cancer Care Centre at The James Cook University Hospital. The aim of this leaflet is to provide you with some general information about your treatment and answer some of the most commonly asked questions. You may find it helpful prior to your first visit, to make a note (on the back of this leaflet) of the things you would like to ask.

what is counselling?

Counselling provides a safe place to talk in confidence about anything that you want to. It is a place where you will be listened to and respected and where you will have time to explore your thoughts and feelings.

how does counselling work?

Talking about yourself and your life can help you see things more clearly. Your counsellor will not tell you what to do or advise you, what they will do is give you the opportunity to talk about what you think and how you feel, and help you to work out what you want for yourself.

how long will counselling last?

Counselling sessions are usually offered once a week, last for fifty minutes to an hour and you will be able to access up to 6 sessions. You will see the same counsellor every time you come.

will anyone know what I have talked about?

What you talk about in counselling is treated with respect and is confidential between you and your counsellor.

what is meant by confidentiality?

What you say during your counselling sessions remains confidential between you and your counsellor and will not be passed on to family members, friends, or anyone else without the expressed permission of yourself.

There are however, exceptions to confidentiality whereby if you spoke about something during counselling concerning harm to others this could result in your counsellor having to break confidentiality. This would be discussed with you first.

Confidentiality and exceptions will be explained in more detail by your counsellor before you begin your counselling.

what is clinical supervision?

Your counsellor is a member of the British Association for Counselling and Psychotherapy and is bound by its Ethical Framework for Good Practice and to work within that framework.

Because of this, your counsellor receives regular clinical supervision during which there may be a time when broad outlines of current work are discussed. However, no personal information is shared therefore you would not be identifiable by what is said.

The counsellor will also keep very brief notes which are purely for their use and also as a tool for supervision. Again, no personal information is written on the notes and they are locked away when not in use.

what will happen on my first visit?

Your counsellor will take some background details from you and then will discuss with you your needs

