



The Scottish Council on Deafness

Advice for GPs on Counselling for Deaf* and Deafblind Patients

Advice prepared by the
Scottish Council on Deafness
Counselling Training Project



* The term 'deaf' is used in this leaflet to refer to D/deaf, Hard of Hearing and Deafened people. GPs must be aware that the communication needs of these groups will differ.

40% of deaf people compared with 25% of hearing people have a mental health problem at some point in their life (www.signcharity.org.uk/news/campaigns).

The average length of stay for a hearing mental health patient in psychiatric hospitals is 148 days; deaf mental health patients spend an average of 19.5 years in residential care.

(Timmermans, L., (1989) 'European Society of Mental Health and Deafness' in European Congress on Mental Health and Deafness proceedings, Utrecht)

During Diagnosis and Referral

- Always employ a professional sign language interpreter or guide communicator, if requested by a Deaf or Deafblind patient; do not rely on relatives or friends of the patient.
- Ask the deaf person what communication support they would prefer before their appointment.
- Undertake recognised Deaf Awareness and Deafblind Awareness Training yourself and encourage other front-line staff to undertake training.
- Ensure that the patient's deafness and communication needs are evident to any counsellor to whom you refer a deaf or deafblind patient.
- Ask deaf patients if they would prefer to see a hearing or deaf counsellor and ensure that hearing counsellors have undertaken Deaf Awareness training and have experience of working with deaf clients.
- When referring a Deaf Sign Language user for counselling, please give them a copy of the Scottish Council on Deafness' 'What is Counselling?' Leaflet. Copies of an equivalent leaflet for deafblind people are also available on request.

Other Relevant Publications

Mental Health and Deafness: Towards Equity and Access. Published by the NHS, Department of Health and National Institute for Mental Health in England. February 2005.

[Mental Health and Deafness - Towards Equity and Access](#)

A Sign of the Times: Modernising Mental Health Services for People who are Deaf. Published by the Department of Health. July 2002.

[A Sign of the Times - Modernising Mental Health Services for people who are deaf](#)

The Scottish Council on Deafness Mental Health: Position Statement

[Mental Health and Deafness: Best Practice](#)

Disability Discrimination Compliance: Access to Mainstream and Specialist Services for those with Sensory Loss and a Mental Health Problem (HDL and guidance).

[Disability Discrimination Compliance](#)

Other information leaflets and links to relevant agencies are available on the Scottish Council on Deafness' website
www.scod.org.uk

Counsellors in Scotland: Deaf & Hearing therapists who are able to communicate with Deaf people

Caroline Bickerton Counsellor

Tel: 01768 896312

Mobile: 07941 929986

Email: caroline.bickerton@care4free.net

Service provided: One-to-one Counselling in the North West and North East of UK.

Membership of professional body: BACP

Client groups: Deaf adults and young people.

Theoretical Approach: Person-centred

Caroline lives near the Lake District and would be willing to meet clients in Glasgow.

Trudi Collier Counsellor

Fax: 01569 763992

Email: trudi.collier@btopenworld.com

Mobile (text): 07739 963423

Service provided: One-to-one counselling

Membership of professional body: BACP

Client groups: Deaf adults, young people and children

Theoretical approaches: Integrative, Humanistic, CBT, REBT, Brief Therapy, dependent on the client.

Trudi is Deaf and has a Postgraduate Diploma in Psychological Counselling and would be happy to meet clients anywhere in Scotland. She is a freelance counsellor and is happy to discuss funding/referrals.

Michael Davis Counsellor

Textphone: 01721 721909

Fax: 01721 729 093

Mobile text: 07977 452279

Email: michael.davis.pct@btinternet.com

Service provided: One-to-one counselling and couple counselling, also supervision.

Membership of professional body: BACP

Client groups: Deaf, Deafened and Hard of Hearing adults

Theoretical approach: Person-Centred

Michael is Deaf; he has a full-time job and therefore is only available to meet clients during evenings and weekends.

Dot Davidson BABCP Accredited Behavioural and Cognitive Psychotherapist

Tel: 0141 770 4716

Mobile: 07718 896511

Email: dot_davidson@hotmail.com

Fax: 0141 331 0750

Service provided: One-to-one counselling

Membership of professional body: BABCP

Client groups: Adults

Theoretical approaches: Behavioural & Cognitive

Dot is a Lipspeaker/Counsellor/Audiologist/Hearing Aid Dispenser and is trained to British Sign Language Level 2. She is willing to travel and work outside usual working hours to suit the client. Works privately and funding and/or payment may have to be discussed.

Sheila McKenzie Person-Centred Counsellor

Tel: 0141 882 4461

Mobile: 07746 159 398

Email: mac2@talktalk.net

Service provided: One-to-one counselling, supervision and training

Membership of professional body: BACP

Client groups: Adults, Children and Young Adults

Sheila has British Sign Language Level 2 and is presently teaching deaf students in Counselling Skills at Strathclyde University.

Endorsed by organisational members of
Counselling Training Project



The Scottish Council on Deafness
www.scod.org.uk

Counselling and Psychotherapy in Scotland
www.cosca.org.uk



Deafblind Scotland
www.deafblindscotland.org.uk

University of Strathclyde Counselling Unit
www.strath.ac.uk/counsunit/



Deaf Connections
www.deafconnections.co.uk

Scottish Course to Train Tutors of Lipreading
scotlipreading@scttl.fsnet.co.uk

For more information

Contact Counselling Training Project Co-ordinators
Trudi Collier and Lorna Weatherstone
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93 Hope Street Glasgow
G2 6LD
Email: counselling@scod.org.uk
Voice/Textphone: 0141 248 1854

Copies of this guide and 'What is Counselling?' leaflet designed for Deaf Sign Language Users and deafblind individuals, are available in pdf format on the Scottish Council on Deafness' website www.scod.org.uk

Cover picture from
www.cyh.com/Health_Topics



The Scottish Council on Deafness (SCoD) is the national co-ordinating body for voluntary and statutory organisations which cater for a wide range of needs of Deaf Sign Language users, deafened, deafblind and hard of hearing people, their families, carers and professionals working with them. We all work together to improve the quality of life of all deaf people in Scotland.



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