

What is Counselling?

Information for Deaf & Deafblind People

If you are feeling that your life, at work or at home, has become out of balance. For example:

Low self-esteem or
low confidence



Conflicts in
relationships at
work or at home



Someone close to
you has died

Depression or
anxiety



Going through
separation/
divorce



Recent crisis of
some kind



Difficulty with
concentration

Feeling stressed or
worn out



What is Counselling?

Counselling can help you to explore and/or solve problems or issues. Counselling can also help to develop skills to cope with difficulties in your life. Counselling is not always about problems. It can offer opportunities to get to understand more about yourself and to develop your own skills as a person.

How to find a counsellor/therapist?

Ask your GP who will find someone for you; make sure the counsellor knows how to communicate with you. Take our leaflet with you to your GP appointment. SCoD has a list of counsellors who are Deaf BSL users or hearing with at least level 2 BSL (www.scod.org.uk/ctp.htm).

Counselling is **confidential** unless you give permission or ask for someone you want to be contacted, for example, your GP. Make sure that your counsellor is qualified and a registered member of counselling organisation.

What will happen next?

You should be offered an assessment interview where a counsellor can find out more about you and answer any questions you may have. It is good opportunity for you to find out if you feel comfortable talking to the counsellor.

If you decide to go ahead with regular counselling, you will have about six or more sessions. Each session lasts for 50-60 minutes. It is important to attend your sessions regularly.

Counsellors listen to you, accept you and respect your feelings. They will not tell you what to do but will help you to look at some of the options open to you.

Counsellors know that it can be difficult for you to ask for help and talk about your problem. They do not mind if you find it hard to express your feelings. If you want to cry or get angry, you are in a safe place.



**Scottish
Council on
Deafness**

***Counselling
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Project***

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