

Counselling



**St Vincent's
Hospice**

the little hospice with the big heart

What is Counselling?

Counselling is a talking therapy that allows you to talk about your problems and feelings in a confidential and safe environment.

A counsellor is trained to listen with empathy, warmth and in a non-judgemental way.

Counselling can help with:

- Reflecting on your current situation
- The impact your illness has on you and those around you
- Recognising your challenges
- Expressing your feelings
- Exploring ways to enhance your wellbeing

Counselling may be helpful if you:

- Are struggling with the effects of your illness
- Are struggling with changes to your body and appearance
- Feel low, depressed, worried or fearful
- Feel that your relationships are suffering
- Need support during your loved one's illness
- Are having difficulty coping with loss or bereavement

Confidentiality

Counselling is confidential, however we have a legal obligation to share any disclosures around serious crime with the authorities and a duty of care to prevent harm to yourself or others - this will be fully explained at your first appointment.

Criteria for Counselling

We offer a counselling service for adults within Renfrewshire and the adjoining areas of North Ayrshire with a diagnosed life limiting condition. We also accept referrals for their relatives and carers, for issues related to the patient's illness.

You can self refer via our website - www.StVincentHospice.org or by calling 01505 705635.

Alternatively, a healthcare professional can refer you to the service.

Karen Snadden MBACP is our counsellor and is qualified in Cognitive Behaviour Therapy and is able to deliver this in a person centred way.

Karen will work with you collaboratively, helping to provide tools and techniques that will help you to progress and heal. She uses other evidence based therapeutic approaches to suit individual needs, such as Compassion Focused Therapy and Mindfulness.

Karen is a registered member of BACP (British Association for Counselling & Psychotherapy) Member 391998

Cosca Member 4277





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