

Talk

So that...

"...we can comfort those in any trouble with the comfort we ourselves have received from God"

2 Corinthians 1v4

The Counselling Setting

Albany Park Baptist Church, is in the quiet residential setting of Stansted Crescent in Bexley. In the privacy of the quiet lounge at the rear of the church you will have the time and space to explore, discover and clarify those issues which concern and trouble you.

Confidentiality and privacy are assured at all times.



Your opinion matters

We welcome your views on the service we provide. We will ask clients to complete a short questionnaire at the end of their course in order to monitor and improve our service where necessary.

Further information

For information about other services offered by Albany Park Baptist Church and where to find us, see our website

www.albanyparkbc.org.uk

or contact either

Pastor: 020 8308 0591

Secretary: 01322 522599

E.mail apbcsec@aol.com



**Sometimes life seems to
blow us off course.**

**It's then that
it helps to**

Talk

Introducing a Counselling
service offered by
Albany Park Baptist Church
Stansted Crescent
Bexley
Kent
DA5 3JB

Contact Maurice
079 4703 5725

Talk....

What is Counselling?

Counselling provides an opportunity to share feelings, thoughts and experiences with someone who will listen and understand.

Counselling does not offer easy answers to problems. However skilled counselling provides time to talk and think through those situations in life which are distressing or stressful, the aim being to enable a person to find a fuller and more satisfying life. Active listening is an integral part of counselling and supports a client in articulating their problem.

How can Counselling help?

By helping people to deal with anxiety and stress, depression, phobias, prolonged bereavement, low self esteem, lack of self confidence and many other problems.

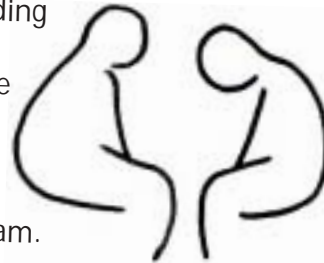
By helping people to develop skills to directly manage problems and find their own answers.

By helping people to resolve conflicts arising from past experiences.

By helping people to understand themselves better.

Professional Counselling

Maurice, our counsellor, has an advanced diploma and over 20 years experience, including that of running a counselling service for a well known charity and work in a Community Mental Health Team.



Brian, our student counsellor, works as an NHS specialist trainer with adults with learning difficulties and other complex needs. He has three counselling module qualifications and is currently studying for a degree in Counselling. Both Maurice and Brian endeavour to abide by the British Association of Counselling and Psychotherapy Ethical Framework for Good Practice in Counselling and Psychotherapy in relation to client care. They maintain a high quality of service by on-going training and supervision and keeping abreast of contemporary ways of working.

What happens next?

If you feel counselling is right for you, you can arrange to meet for an initial chat before you finally decide—just ring Maurice on

079 4703 5725

and, depending on your situation, either he or Brian will arrange to see you.

What will it cost?

Fees for private counselling or active listening sessions are normally £40 + but **there is no fee** for our counselling service. If you are able to afford a donation to help toward overheads, that would be appreciated, but do not feel embarrassed if you are not able to do so.

Our commitment?

The service provides weekly, fifty minute appointments for six weeks after which Maurice or Brian will review progress with you and decide whether to continue for a further six weeks. Regularity and continuity are important for effective counselling and active listening as they give a sense of structure to the process.

Your commitment?

To attend your appointments regularly and on time. If you arrive late for any reason, the session will still need to stop at the appointed time.

Give Maurice or Brian twenty four hours notice if you are unable to attend.

Three cancellations or one non attendance will result in your counselling being terminated.

**To book an appointment telephone
Maurice**

079 4703 5725