

WHAT IS COUNSELLING AND PSYCHOTHERAPY?

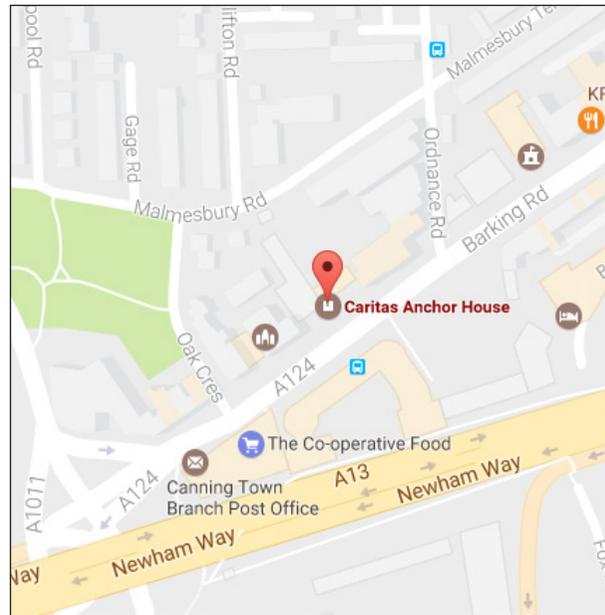
Counselling and Psychotherapy provides a regular time and space to talk and explore issues that are causing you difficulty in your every-day life.

It is an opportunity by which the therapist through the use of therapeutic principles, structure and techniques, facilitates the client, through self awareness, to find direction or purpose, to overcome difficulties, to create change, to enhance emotional and mental well-being and to treat psychological problems.

The relationship between therapist and client is strictly professional. It exists solely to aid the client, who is free to speak in confidence without fear of being judged or of having another's values or opinions imposed upon them.



HOW TO FIND US



Nearest Tube Station: Canning Town
Jubilee Line (7mins Walk)

Sarah Agnes Foundation
C/O Caritas Anchor House
81 Barking Road
London
E16 4HB



SARAH AGNES FOUNDATION

Service of Excellence

**Striving for the well being
of the family**



SAF provides individuals, couples and family counselling from 'Conception to Elder' in need of emotional support, with the opportunity to access counselling and psychotherapy within their local communities.

www.sarahagnesfoundation.org.uk

ABOUT THE THERAPY PROVIDED BY SAF

SAF has an integrated counselling service. Its team have been trained by a range of Universities, and use a range of different therapeutic models in their work.

All clients have an initial meeting at the service where their needs are taken into consideration to evaluate what type of therapy might work best for them.

All counsellors and therapists working at SAF are professionally supervised and are either fully qualified or are undertaking placements during their training.

SAF is able to offer counselling to individuals and couples with a range of therapeutic help and for a variety of issues throughout the lifespan from 'Conception to Elder'.

SAF is an associational member of the British association of Counselling & Psychotherapy (BACP), the largest professional body representing counselling in the UK. This means that SAF adheres to the ethical framework laid down by the BACP.

For more information please go to:
www.bacp.co.uk/ethical_framework

WHAT TO EXPECT

The first meeting at SAF is an introduction to the service that we offer, which is an initial assessment to determine the needs of the client, then we will arrange their first appointment. Thereafter, the client can expect to see the same therapist each week, at a regular time, for 50 minutes. Appointments are available at various times throughout the week from 8am - 9pm depending on availability of our team. Initially, 6 sessions are offered to the client but fewer or more sessions may be agreed between the client and the therapist. SAF does not charge fees but as a charity we do ask that each client contribute a donation to each session to enable us to continue offering this service in their local community.

WORKSHOPS

SAF offers a variety of workshops such as:

- Parenting Classes
- Healthy Eating
- Difficult Relationships
- Managing Stress/Depression
- Managing Anger
- Baby Spa
- Building Healthy Relationships

WHY WE DO THIS

The health led vision of Sarah Agnes Foundation (SAF) is to support, strengthen and sustain secure family relationships.

We aim to strengthen and improve social and emotional outcomes for longer term generational change.

CONTACT

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Member of the British Association for
Counselling and Psychotherapy (BACP)
Organisational Member number: 216703

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