

North East Counselling Services Referral Procedure for Talking Therapies

All of our counsellors at North East Counselling Services (NECS) are qualified counsellors or trainee counsellors undertaking their final year supervised practice placement. We practice from a person centred approach, offering a full range of counselling interventions. All of our counsellors receive regular in-house supervision and training.

We work within the British Association for Counselling & Psychotherapy (BACP) Ethical Framework.

1. How to Refer

Referrals can be made by telephone on 0191 440 8127. We can take clients aged 16 and up. We accept referrals from GP's, other service providers and support organisations and we accept self referrals.

2. What happens when you ring?

A member of our staff will take some brief information including name, date of birth, address, contact number, name of GP. You will also be asked for a brief reason for the referral.

If possible an assessment appointment will be made there and then. If this is not possible, you will be informed that a member of the assessment team will contact you to make an appointment.

3. What happens at assessment?

A member of our assessment team (who is also a qualified counsellor) will meet with you to discuss your counselling needs and to collect some initial information about the way you are feeling. This is not a counselling session but an opportunity for us to consider the most appropriate intervention for you and for you to make up your mind about whether or not you feel counselling is right for you. We will use the information we collect to match you with an appropriate counsellor who we think will work well with you.

4. After the assessment

If counselling is the most suitable intervention for you and you fit within our criteria, your name will be placed on our short waiting list until a suitable counsellor becomes available. Your allocated counsellor will then call you to make your first appointment. You will be offered 10 sessions initially and this will be regularly reviewed. There is no charge for our services.

5. Where counselling takes place

North East Counselling Services counsellors work in various places in Gateshead and South Tyneside. These include our offices in Gateshead Town Centre, GP Surgeries, certain libraries and community centres and within the premises of some other support organisations. As far as possible, we will try to see you in a place and at a time that is convenient to you.

www.necounselling.org.uk