

Tyneside Mind Counselling Services

Professional Standards

All our counselling services uphold the standards and ethics of the BACP (British Association for Counselling) service, which is the national regulatory professional body for Counselling.

1. Tyneside Mind Primary Care Counselling Service (Gateshead and South Tyneside – South Shields North)

There is no cost for this service, it is funded by the NHS. You will usually have to wait and budgets mean that the number of sessions that can be offered is limited, with an Assessment and then up to 6 further sessions being typical.

All the Counsellors working within this service are qualified and practice from a person centred, humanistic, psychodynamic or integrative theoretical model and receive clinical counselling supervision. Occasionally, we also have a limited number of trainee counsellors working in our service as their supervised practice placement. In addition, we have psychotherapy trainees on placement, who are able to work in a more open-ended, longer term way with clients who have more complex needs.

- **Referral Procedure**

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- **Where counselling takes place**

You will usually be seen at your own GP practice but sometimes people are seen at our Wellbeing Centre, in Bensham e.g. if they wish to have an evening appointment.

- **After the Counselling Assessment Appointment**

If counselling is the most suitable intervention for you, you will usually be offered up to 6 further sessions of counselling.

- **Confidentiality**

Your counsellor will discuss confidentiality with you, including any exceptions. When the counselling is finished, your counsellor will provide written feedback to the professional who referred you to the service. You can have input to this.

- **Our Partner Organisations**

We work in partnership with other Primary Care Services, including Improving Access to Psychological Therapies (I.A.P.T.), as well as with other providers in the Voluntary Sector e.g. Tyneside Women's Health.

2. Tyneside Mind Therapies Service

People who use this service pay for their own Counselling. The standard fee is £40 per hour. There is no waiting list and you will usually be seen within 1- 2 weeks of your initial contact.

The amount of sessions you will need depends upon the issues you have and you will usually attend on a weekly basis.

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