

## Counselling Services

- One-to-one Counselling for Adults.
- Bereavement Counselling
- Group Psychotherapy
- Family Therapy
- Youth Counselling

Sometimes it's easier to talk to a stranger than to relatives or friends, if you are having a difficult time or have emotional issues then counselling could help you.



Counselling Services  
The Wimbledon Guild of Social Welfare  
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Support from the heart of the community



## Counselling Services

Professional, confidential and affordable



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## The Wimbledon Guild

As a dynamic local charity with a proud heritage, The Wimbledon Guild is dedicated to providing people who live, work or study in the borough of Merton with 'support from the heart of the community.' Our aim is simple: to help local people to lead a better life by tackling poverty, supporting ageing and encouraging mental well-being.

Based in central Wimbledon we have offered counselling to individuals and groups for over 25 years. The service is accredited by the British Association of Counselling and Psychotherapy (BACP) and is led by John Priestley, a registered psychotherapist and a fellow of the BACP.

Our counsellors are carefully selected: they are either fully trained, or at an advanced stage of training and are professionally supervised.

\* **91%** of clients stated that counselling had helped with their problems

**90%** experienced a positive change in their feelings because of counselling

\* source: 63 client satisfaction survey respondents

## One-to-one Counselling for Adults

Research has confirmed that talking therapies are beneficial for a range of conditions including depression and anxiety. In addition you may, yourself, have a sense that talking to someone about your feelings may increase your emotional well-being.



When you first contact the service you will be offered an initial consultation with a senior counsellor who will assess, with you, whether we are the right service for you and if so, which of our services are most likely to be helpful to you.

If we feel that one-to-one counselling is a suitable service, we will arrange for you to see a counsellor on a weekly basis. Each meeting will last for fifty minutes and will generally be the same time and day of the week.

## Bereavement Counselling

At some point in our lives most of us will experience the loss of somebody that we are close to. The feelings we experience then can vary from sadness, despair, rage or just feeling numb. The journey through those feelings, which can be overwhelming and disabling, to engaging with life again, is the journey of grief.

Although grief is a natural process each person's journey is unique and individual. Speaking to someone can help to process one's emotions and make them more understandable and bearable.

## Group Psychotherapy and Emotional Support Groups

A group can be a powerful agent for change. Personal concerns, conflicts and problems can be explored in an atmosphere of trust and confidentiality. It provides an opportunity for members to understand themselves and their relationships with others more deeply in a safe setting, where new solutions to old problems may be found.

Participants in groups are exposed to several points of view, and groups therefore provide an opportunity to learn from others and to receive feedback and support. Groups can also help those who find it difficult to express their feelings and needs.

Group analytic psychotherapy is based on the view that deep and lasting change is possible at any stage of life, but you would need to commit over an adequate period of time to reflect upon your life for this therapy to be effective.

Fees: There is a set fee for group psychotherapy: At the time of printing this is £16.00 per session.

## Family and Couples Therapy

Family therapy is helpful when several members of the same family are having problems they want to work out together.



Our service works with whole families or parts of a family, step-families, individuals, couples or other people

important to a family system. Family Therapy can also be beneficial for team colleagues in a work setting.

Clients are usually seen by a team of three therapists with one appointed lead therapist. After an assessment session, we offer an hourly appointment every three to four weeks.

We encourage clients to look at their issues from different angles, to try out new ways of relating to other people, and to practice behaviour they have experienced as positive and helpful in habitually difficult situations.

The overall length of therapy depends on what the clients want to accomplish, and how well they work between sessions to implement change and achieve their goals. On average, clients benefit from 8 to 12 sessions.

## Youth Counselling

Counselling can be helpful if you are feeling down, not sure what to do, worried, or if you find yourself doing things that you know are not good for you.

If you are having troubles with your friends, or your family, it can be helpful to talk to someone neutral about it.

The Youth Counselling Service is now well established and provides excellent, valuable and professional support for young people.

We provide counselling to people in the borough of Merton between the ages of 15-24 years. Counselling for under 18's is completely free and above that age you only pay what you can afford.

You do not need parental permission to come to counselling or to be referred by your GP, so you can contact us direct.

## Information

All Wimbledon Guild counselling services are confidential, except where we believe that there is a serious risk to yourself, or someone else.

We are happy to continue providing a service for up to sixty weeks for one-to-one, bereavement and youth counselling but you can end counselling at any time when you feel you no longer need it.

The Counselling Service is wholly funded by the Wimbledon Guild and clients' contributions.

Initial booking fee (non-refundable):  
£40 if you are in full time work, or £10 if you are on benefits or in part-time work.  
Further sessions: Under 18s free, adults pay what they can afford. This is agreed at the assessment meeting.

Opening hours:  
Monday - Thursday 9am - 10 pm  
Friday 9am - 8pm  
Saturday 9am - 2pm

Contact us on 020 8296 0030

