

## ➤ *Information for Professionals*

- SORTED provides a range of confidential counselling services and group work for children and young people aged between 5 and 25 yrs. For young people who experience difficulty in expressing themselves verbally we can offer Person Centred Art Therapy.
- Our Counsellors are fully trained, and have a wealth of experience working with young people from a variety of backgrounds. We work within the BACP code of ethics and Child Protection Legislation and have our own statement regarding the bounds of confidentiality.
- We place young people at the centre of our service and always work with their best interests in mind; our basic tenet is to 'to do no harm' and to help young people to achieve their potential.
- By offering a self-referral service we ensure that young people have a choice. We find that those who are referred by others often don't engage successfully in the counselling relationship. We provide a safe and caring, environment that promotes a sense of well-being and enables young people to feel accepted and valued. Our aim is to empower young people and treat them with respect, based on an understanding of their individual culture and background. We believe that young people have both the ability and the right to control their own lives, and in support of this belief, consult, listen to and involve the users of our service.

Young people approach SORTED for a variety of reasons, we believe that no problem is too large or too small for them to share with us. Counsellors will listen, offer support and help young people to understand their own feelings without offering advice or interpretation. The idea of counselling is to enable young people to reach an understanding about themselves, to find their own way and to make their own decisions. Only by building trust within the counselling relationship and feeling accepted for who they are, can they begin to work on what can sometimes be extremely complex and painful issues. It is for this very reason that we do not place a time limit on young people, sometimes it can take weeks, even months before a young person feels safe enough to trust and begin to make changes within their lives.

- Initially an informal assessment will be carried out to ascertain whether or not counselling is appropriate, and if the young person has the motivation and emotional resilience to engage in the process. The Counsellor and young person will usually meet on a weekly basis on the same day, at the same time. Each session will last for about fifty minutes and take place in one of our counselling rooms. We ensure that this space is, quiet, comfortable, private and without interruption. On average we see clients for about eight sessions, sometimes less, and of course there are exceptions when longer term work is necessary. Counsellor and client will decide together when the time is right to cease counselling.
- Although essentially SORTED is a 'Self-referral' service we do work in partnership with a number of other agencies. We work with local schools, operating 'drop- in' sessions and individual counselling for students. We will also work with groups of students focusing on issues such as bullying, drugs and self-esteem.
- We are happy to discuss the nature of our service with you and explore the best way forward for young people, but will not share confidential personal information with you, unless we have the consent of the young person involved, or we believe that there is serious risk of harm. There are times when we feel that counselling at SORTED is not suitable for some people, if this is the case we will explore the best way forward and help the young person to find the most appropriate support, which may be a referral to another agency.

To make an Appointment call...

01582 891435

Monday to Thursday

Or

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