



ANAPSYS COUNSELLING SERVICES

Pre-counselling Information

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1. WHAT IS COUNSELLING? Counselling provides a forum where individuals or couples come together with a psychologist to seek solutions to a specific problem, to learn new coping skills, to become better organised, to make a decision about a life dilemma, to function more maturely or to clarify what is ailing them.

2. THEORETICAL COUNSELLING MODELS. A counsellor can use a wide array of techniques and theories to facilitate change and assist an individual or couples. The theoretical model that Anapsys applies is Cognitive Behavioural Therapy (CBT). CBT is an evidence-based therapeutic approach which is very effective for a range of anxiety and mood disorders.

3. WHO GOES TO COUNSELLING? Certainly, you do not have to be “crazy” to go to counselling. There are many reasons for seeking counselling. You may be feeling upset and distressed or have problems with your feelings, thoughts, behaviours or relationships with others. You may have had a sudden life-crisis or a dilemma you need to resolve.

4. HOW CAN YOU MAKE AN APPOINTMENT? When a counselling session is in progress, the answering machine will be on. Please, do not feel discouraged. If you leave your name and telephone number we will call you back, in most cases within the hour. If you prefer, you may contact us by email or letter. You will be offered an appointment with one of our counsellors to evaluate the difficulties you are facing. An assessment, which may take one or two visits, will enable us to determine how CBT can help you.



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5. AVERAGE DURATION OF COUNSELLING

It depends on the problem you need help resolving and the severity of that problem. It can be as brief as one or two sessions, or one day a week for two or three months. It depends on how much work needs to be done and how much time you want to invest. The duration of your therapy can be extended as new insights are made or new problems appear.

6. WHAT DOES IT COST?

Sylvia's fees are £80 per each 50 minute session. John's fees are £ 65 per session. You will be responsible for all sessions stipulated in your contract that you decide not to keep. If you have to cancel a session we will, whenever possible, offer you an alternative appointment. The full fee will be charged if the cancellation is not made at least 24 hours in advance of the scheduled time.

7. CONFIDENTIALITY

In accordance with BPS and BABCP ethical standards, strict confidentiality is maintained.

8. WHAT TYPES OF PROBLEMS DO COGNITIVE BEHAVIOURAL THERAPISTS WORK WITH?

People seek professional counselling for a wide range of concerns. Some of the most common issues are: Emotional difficulties, depression, anxiety and worry, panic attacks, post-traumatic stress disorder, low self-esteem, relationship break-up, family issues, bullying, stress at work, obsessive compulsive disorder, pure obsessions, phobias, anger and guilt management, jealousy, health anxiety, social anxiety, etc.



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9. CODE OF ETHICS AND PERSONAL SUPERVISION

Counselling work at Anapsys is supervised once every month in accordance with the ethics and standards of the British Psychological Society (B.P.S.) and also the British Association of Behavioural and Cognitive Psychotherapies (BABCP)

10. INSURANCE

Professional indemnity insurance with the Howden Insurance Group is held.

11. WHO ARE THE COGNITIVE BEHAVIOURAL PSYCHOTHERAPISTS AT ANAPSYS?

Sylvia Buet is a BABCP Accredited Cognitive Behavioural Psychotherapist. She holds an Honours degree in Psychology from University of Valencia, a Master's Degree in Counselling and Guidance and a Post-Graduate Diploma in Human Resource Management from University of Ulster. Sylvia, who has over 15 years' experience working with complex mental health issues, is a Level II EMDR practitioner and specialises in OCD, pure obsessions, post-traumatic stress disorder, relationship break-up, health anxiety, personality disorders and a range of anxiety and mood disorders. John Dunlop is a BABCP Accredited Cognitive Behavioural Psychotherapist with 10 years experience who specialises in anxiety and mood disorders such as social phobia, generalised anxiety disorder, excessive worry, panic attacks, phobias, depression, etc. He is also a level II EMDR therapist. John also holds an Honours degree in Psychology from Queens University Belfast.