

# Family Counselling - Information Leaflet

## About the service

Family Counselling is a service that is offered by Hart Voluntary Action and is providing an opportunity for families in the Hart and Rushmoor Districts to be supported by having sessions together as a family.

Family Counselling can benefit a family by:

- Providing a safe and confidential space for them to talk freely
- Exploring boundaries within the family
- Exploring family patterns and dynamics
- Exploring parenting and co-parenting

The service is available to families in the Districts who want support with Mental Health and communication.

- Families will be offered up to 6 Counselling sessions
- Individual Counselling will be offered to each member of the family if they would like it
- Counselling sessions take place in the Annex at Odiham Cottage Hospital, Odiham
- The service is free for families to access

**Family Counselling sessions are led by a family Counsellor who is supervised by a qualified family therapist.**

## How does the service work?

- Referral** A referral form can be completed by the family or by a professional who is referring the family. If a professional refers a family they must ensure they have the families permission to do this.
- Waiting list** Once a referral has been received it will be reviewed by a clinician who will assess whether Family Counselling is suitable for the circumstances. If a family is suitable then they will be placed on the waiting list.
- Assessment** Once we have received a referral form the family will be invited to an assessment. Depending on the size of the family this may take place across a couple of sessions. In this session the family will be able to find out more information about what we are offering and they will also be invited to discuss why they want to engage in the service and their needs. A decision will be made by the end of the assessment about what type of support the family will receive both together and individually. If family members decide they would like individual support they will be placed on the relevant waiting list and will receive communication about these services separately.
- Sessions start** After the initial assessment, sessions will begin with the same family Counsellor. Progress will be reviewed regularly and a family will be able to access up to 6 sessions.

## Is the service confidential?

The contents of the family Counselling will be confidential between the family Counsellor and the members of family that are in the room at the time.

**The exception to this would be if someone was at risk of serious harm or there if there is a legal obligation to report.**

When a family member is having individual Counselling this will be kept separate from the Family Counselling. The Counsellor providing the individual sessions will not share any information with the family or the Family Counsellor working with the whole family.

## For more information and referral .....

Website: <https://www.hartvolaction.org.uk/counselling/family-counselling/family-counselling-service/>?

Phone: 01252 815652 and choose the Counselling Services option from the menu.

Email: [familytherapy@hartvolaction.org.uk](mailto:familytherapy@hartvolaction.org.uk)