

Springhill Hospice

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www.springhill.org.uk

Complaints – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

Incorporated as a Company Limited by Guarantee
No 2325905

Registered Charity No 701798



scan for more



Counselling and Psychotherapy Services

 **Springhill
Hospice**
Making every moment count



INFORMATION ABOUT OTHER SUPPORT SERVICES

Cruse Bereavement Care 0808 808 1677

Relate 0300 100 1234

Samaritans 116 123

Thinking Ahead 01706 751 180

Mind 01706 752 338

bacp | Accredited
collective mark Service

CRITERIA FOR COUNSELLING

We offer a counselling service for patients who have a diagnosis of cancer or any life-limiting disease. We also offer counselling to relatives and carers of such patients, for issues related to the patient's illness and its impact.

Anyone referred to the Counselling Service must be:

- Aged 18 or over
- A patient diagnosed with a cancer or any life-limiting disease

OR

- A relative or carer (or other significant person) to someone with cancer or other life-limiting disease

WHAT IS COUNSELLING AND PSYCHOTHERAPY?

"Counselling and Psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their well-being."

SPRINGHILL HOSPICE COUNSELLING SERVICE

The service is an accredited organisational member of the British Association for Counselling and Psychotherapy (BACP). All our counsellors are registered or accredited BACP members. Our counsellors work alongside our doctors, nurses and community team to provide psychological support to patients and their loved ones. The team is assisted by counsellors in training, all of whom work within the BACP Ethical Framework for the Counselling Professions. Sessions last 50 minutes. This is a free service. The service operates Monday to Friday. Flexible, early or late appointments can sometimes be accommodated.

COUNSELLING MAY BE HELPFUL IF YOU:

- Are struggling to cope with your illness
- Need support during your loved one's illness
- Are distressed about changes in your body and appearance
- Feel low and unable to enjoy life or feel depressed
- Feel anxious, stressed, worried or fearful
- Feel that your illness is affecting your relationships
- Are having difficulty coping with loss or bereavement

CONFIDENTIALITY:

Counselling is confidential. However, we have a legal obligation to share with the authorities disclosures around serious crime. We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are outlined on our website and will also be explained in full at your first appointment.

WHAT HELP MIGHT BE OFFERED TO YOU?

The sessions available give you the chance to express your feelings, identify problems and explore ways to cope. There are different approaches that you may have heard of.

- **Person Centred Counselling:** is an approach which offers the opportunity to share and explore thoughts, feelings and problems, and offers support in difficult times.
- **Cognitive Behaviour Therapy (CBT) techniques:** explore how we think about a situation, and how this affects the way we act, and how they can affect how we think and feel.
- **Psychotherapy:** offers help to people with issues from the past that are affecting how they cope now.
- **Outdoor Therapy:** offers you a chance to explore issues within a natural environment, giving you the opportunity to experience a deeper connection with nature and to feel better for it. The counselling may take place whilst seated in secluded areas within the Hospice grounds or whilst walking and talking with a counsellor, either within the Hospice grounds or along lanes and park land within the vicinity of the Hospice.