



Service Statement

Aims and Objectives of Counselling at DRASACS

Our Charitable Aims:

- To relieve the mental and physical distress of people who have suffered sexual assault, in particular by providing a free counselling service.
- To relieve the mental distress of people supporting and/or caring for adults or children who have been sexually assaulted by a third party/parties, in particular by providing counselling, group work and information.
- To advance the education of the public by raising awareness, and promoting and/or conducting education and research around the areas of sexual assault.

Type of Counselling Offered:

- DRASACS offers counselling to men, women, young people and children. Counselling at DRASACS is informed by a variety of counselling models. Most counsellors describe their practice as being integrative which incorporates primarily Person-Centred Counselling. We also offer Eye Movement Desensitisation and Reprocessing (EMDR).

What to Expect:

Your counsellor will not offer you advice. He or she will be accepting and non-judgemental, offering empathy and sensitivity to your needs. The aim is to help you to decide for yourself what is right for you. Your counsellor is a member of the British Association for Counselling and Psychotherapy and/or UK Council for Psychotherapy and is bound by an ethical framework for good practice in the counselling profession. Please visit <http://www.bacp.co.uk/> for more information.

Confidentiality please see <http://www.drasacs.org.uk/confidentiality.html>

Counselling Sessions

- Initially, you will be invited in for a pre counselling assessment where we can gather information that helps us decide how best to support you. We aim to offer you this appointment within 2 weeks of accepting your referral.
- If you and your counsellor both agree that counselling will be useful, you will be invited back at a later date for counselling to begin. We aim to do this within 4 weeks of the assessment.
- Clients are usually offered 6 sessions, at which point there will be a review where you and your counsellor may agree further sessions up to a maximum of 20.

- The counselling will take place in either Doncaster town centre, in Conisbrough, or in Thorne.
- Each counselling session will last for up to 50 minutes.
- Sessions are usually at the same time and on the same day each week, but we can also be flexible to meet the needs of people who are not able to make a regular appointment slot.