



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:

- Counselling at DRASACS is delivered using Integrative therapy, which is rooted in the principles of Person-Centred Counselling.

What to Expect:

- Your counsellor will not offer you advice. Your counsellor will be accepting and non-judgemental, offering empathy and sensitivity to your needs. They want to help you to decide for yourself what is right for you. If your counsellor is unable to attend a session, every effort will be made to let you know as soon as possible and to rearrange your appointment. Your counsellor is a member of the British Association for Counselling & Psychotherapy and is bound by the Ethical Framework for good practice in counselling & psychotherapy and BACP's Professional Conduct Procedure. A copy of this is available on request.
- **Confidentiality** will be maintained to the highest degree and we will not usually disclose any information unless you specifically request us to do so in writing (when we will usually only confirm your attendance, for which a charge may be made). There are some circumstances in which we are unable to preserve confidentiality and are required to report our concerns to the appropriate authorities:-
 - If we believe there is an indication that someone is at significant risk of harm, for example: you (the client), someone else (a child, other vulnerable person, the counsellor) or an animal.
 - If you tell the police or a legal representative that you have engaged in counselling, we may be required to release information about you, including any session notes.
 - We are required to pass on to the police information regarding money laundering

and/or drug trafficking and/or harm intended to others through the planning or carrying out of terrorist activities.

In these circumstances, we will try to:-

- Seek your written permission and involvement wherever possible.
- Aim to balance your need for privacy and confidentiality with our professional, ethical and legal responsibilities.
- Seek consultative support from an appropriately qualified professional

Our counsellors are professionally and ethically obliged to seek consultative support from a counselling supervisor at regular intervals to ensure that they are working effectively and safely with you, although your identity will not usually be revealed.

- We will agree for 6, 12 or 20 sessions of counselling following an assessment.
- The counselling will take place at 25 Thorne Road, Doncaster, DN1 2EZ.
- Each counselling session will last for up to 50 minutes and will usually take place at a frequency of once per week.
- If you are unable to keep an appointment, please let us know as soon as possible by telephoning (01302) 360421 or texting 07717 036750. An agreed number of sessions may be cancelled in this way and any further cancellations will be deducted from your sessions. If you do not attend and we do not hear from you by 10.30 the following morning, no further sessions will be offered.
- It is a requirement that you do not come to the counselling sessions under the influence of alcohol or non-prescription drugs.
- If your counsellor is unable to attend a session, we will make every effort to let you know as soon as possible.
- We are not medically trained and therefore, in the event of a medical incident, we will telephone for an ambulance to attend.
- Physically violent or abusive behaviour towards your counsellor or any member of our staff will not be tolerated. Such behaviour will result in immediate termination of the counselling agreement.
- We are unable to accommodate other adults or children during sessions as we do not have waiting facilities or a crèche.