

For further information contact:-

**WAVE Trauma Centre
523 Antrim Road
Belfast, BT15 3BS**

**Tel: (01232) 779922
Fax: (01232) 781165**



**WAVE Trauma Centre
9 Dobbin St
Armagh, BT61 7QQ**

**Tel: (01861) 511599
Fax: (01861) 511599**



**COUNSELLING
YOUR QUESTIONS ANSWERED**

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COUNSELLING

YOUR QUESTIONS ANSWERED

WAVE works with people who have been bereaved and traumatised through the "Troubles". The effects of trauma on an individual's life can be devastating. The security and stability of one's life can be shattered, leaving the present and the future to be out of focus.

Wave recognises that some people may benefit from more individual support and this can be met through counselling with a professional counsellor.

What is counselling?

Counselling offers people the opportunity to develop ways of living more satisfactorily. Attending counselling is a personal choice to seek out support when the individual feels the need for it.

What happens in counselling?

In counselling a client works with the counsellor and enters into a process of self exploration. Exploring the effects of trauma can be painful and ultimately rewarding as an individual adapts to their circumstances and can begin to look forward.

How do I get counselling?

By contacting the **WAVE** centre you will be offered an appointment for an assessment interview. You can meet with a counsellor and talk about your experiences and its effects upon you. The counsellor will inform you about the counselling process.

The counsellor will then invite you to attend for counselling if **WAVE** is the most suitable agency for you. The counsellor may recommend that you consider other options in support of yourself.

How long does the counselling last?

Your counsellor will agree with you a contract in which the time of your appointment will be set out on a weekly basis. Each session lasts for 50 minutes.

As counselling attends to the needs of each individual, it is usual for counselling to continue over several months.

Is this confidential?

WAVE offers a completely confidential counselling service. The information you share with your counsellor is not available to any one else without your permission.

As with all agencies any information relating to illegal acts which could threaten the well being of an individual or property cannot be kept confidential.

Your counsellor at **WAVE** works in accordance with the BAC code of ethics and practice and maintains professional standards through regular supervision and appropriate training.