

Enquiries and appointments

Please call 0800 098 8126. This will allow you to confidentially discuss your personal requirements without commitment.

Out of hours or in busy periods you can contact us by leaving a message on our confidential voicemail facility. Please provide your name and phone number along with an indication of a suitable time, and your call will be returned as soon as possible up to 8pm subject to Counsellor availability.

Appointments are available every weekday. Saturday mornings and weekday evenings are possible subject to Counsellor availability.

We aim to offer flexible availability of appointments, provide minimum waiting times and a punctual service.

Fees are structured and current rates* are – Business £55/hr; Individuals £50/hr; Couples £55/hr; Concessions / Students £35/hr, normally payable at the end of each session (*as at April 2020).

We would be grateful for a minimum 48 hours notice of appointment cancellation. Where it is less than 24 hours, a discretionary 50% fee may be charged.

Contact us

Freephone: 0800 098 8126

www.rotherhamcounselling.co.uk

Email: enquiries@rotherhamcounselling.co.uk



Location and facilities

Rotherham Counselling Services is based within Moorgate Crofts Business Centre, which provides a comfortable reception and waiting area with refreshments available. Located close to the town centre, the Centre discreetly provides a high level of confidentiality and personal security in a pleasant second floor room.

Disability access and service: The building is fully DDA compliant with wheelchair access and lift, toilets and convenient parking. Should you have a specific requirement or consider yourself disabled under the Equality Act 2010, please tell us when making your initial enquiry.

Address: (by appointment only)

Moorgate Crofts Business Centre
South Grove (off Alma Road), Rotherham, S60 2DH

Rotherham Counselling Services

**Confidential individual,
couples and workplace
counselling**

**Coaching services
available**

Rotherham Counselling Services is an established independent practice of qualified and experienced counsellors, offering a flexible and professional counselling facility.

Freephone 0800 098 8126

Enabling our clients to work through and clarify their thoughts without being judged. Empowering people to improve their lives and make positive and lasting changes.

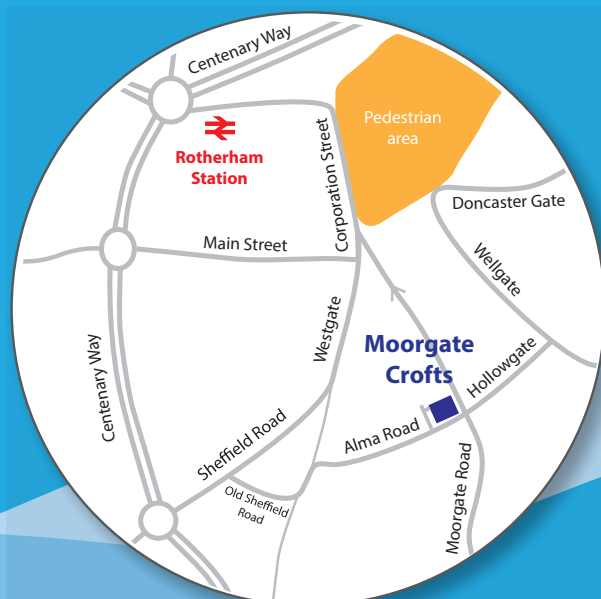
What our clients said...

"Amazing service that left me feeling empowered and confident."

"Excellent experience at supporting me through a difficult time at work, helping me break things down into achievable steps."

"So much progress in such a short time. Thanks – I'm me again!"

"I would like to thank Trish for her help and support. I had an excellent experience and have improved greatly thanks to her."



What is therapy?

Therapy is time set aside by you and the therapist to look at what has brought you to therapy. This might include talking about life events (past and present), feelings, emotions, relationships, ways of thinking and patterns of behaviour. The therapist will do their best to help you to look at your issues, and to identify the right course of action for you, either to help you resolve your difficulties or help you find ways of coping. Talking about these things may take time, and will not necessarily all be included in one session.

British Association for counselling and Psychotherapy,
Fact Sheet C2 February 2017

Our Counsellors



Patricia Kent MBACP (Accred)

Diploma in Counselling
Advanced Diploma in Couples Counselling (Relate)
(Proprietor)



Lucy Rotherham MBACP

Diploma in Counselling
(Associate Counsellor)

Membership Number: NCS19-08668

Linda Panek (MNCS)

Diploma in Counselling
Coaching Services
(Associate Counsellor)

Services

We provide a confidential, respectful, client-centred service which is accessible outside of standard working hours, within an anti-oppressive, anti-discriminatory and non-judgemental framework.

Services are designed to meet the needs of people over the age of 18 seeking private counselling on a fee-paying self-referral basis, as well as referrals from private, GP and work-organisations (on or off-site).

Our Counsellors offer a range of counselling approaches and specialities to match with client needs. Issues covered include:

- Anger Management
- Anxiety or depression
- Bereavement, loss or terminal illness
- Communication difficulties
- Financial worries
- Life stage changes / life crisis
- Poor self-esteem / low motivation
- Relationship difficulties / dilemma
- Response to physical illness
- Stress and/or panic attacks
- Work place issues

Hypnotherapy and work/life coaching are available as necessary.

Telephone counselling can be offered to new and existing clients who are having difficulty coming to the centre, available by pre-booked appointment. We also offer video counselling via Zoom.

We provide counselling leaflets along with local and national resource information as appropriate.

We are Members of the British Association for Counselling and Psychotherapy (BACP) and also the National Counselling Society (NCS) we are bound by their ethical frameworks for Good Practice in Counselling and Psychotherapy and subject to the Professional Conduct Procedure.

Initial assessment

During an initial telephone assessment the Counsellor will clarify the basis on which counselling is to be given, provide information available and undertake a general initial assessment. This includes method, duration, fees and confidentiality. Changes can be subsequently made only by agreement of the Client and Counsellor. Issues outside of our range of expertise are identified, or where the client(s) might be better served by specialised agencies, e.g. drug or alcohol counselling.

How long will Counselling take?

Depending on individual needs, this may range from a few sessions (sometimes a single session may be sufficient) or continue over several months. Generally sessions are an hour long, at an agreed frequency to give the best support, with flexibility to work around individual needs and availability.

Short-term counselling (if suitable) can facilitate "solution-focused" counselling work, maximising time usage and minimising financial outlay while being self-empowering yet client-supportive. After assessment this would normally be offered as a contracted set number of sessions and be regularly reviewed.

Longer-term personal development or "personal therapy" work programmes are individually tailored to a client's agenda.

A free telephone assessment of client needs is done before a commitment to continued counselling is made, without obligation on either side.