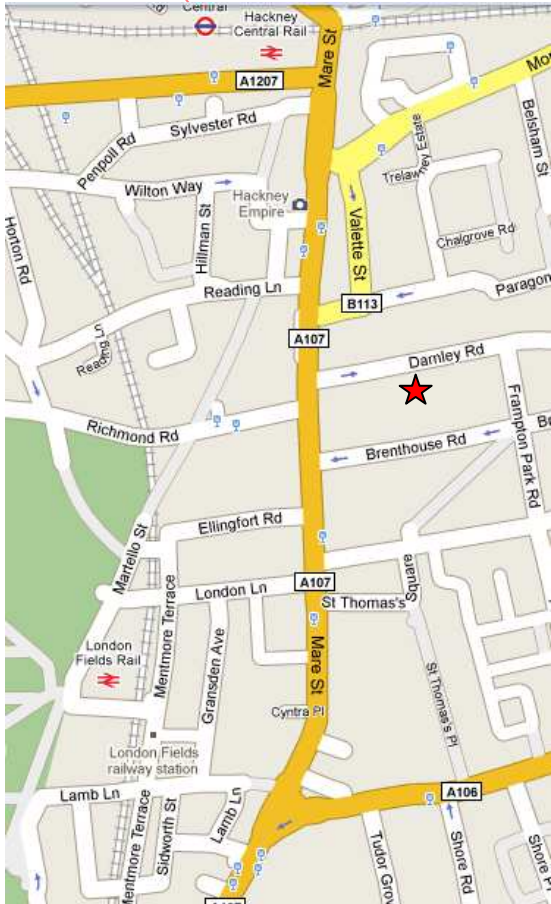


## Where we are located:



### Nearest Train Stations

- London Fields
- Hackney Central
- Hackney Downs
- Bethnal Green

### Bus Routes

D6, 48, 55, 106, 236, 253, 277, 254

# C4BH

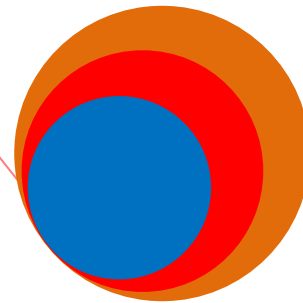
If you require any more information please contact:

Centre for Better Health  
1a Darnley Road  
London E9 6QH

[www.c4bh.org.uk](http://www.c4bh.org.uk)

T: 020 8985 3570  
F: 020 8986 1334

Email: [admin@praservices.org.uk](mailto:admin@praservices.org.uk)



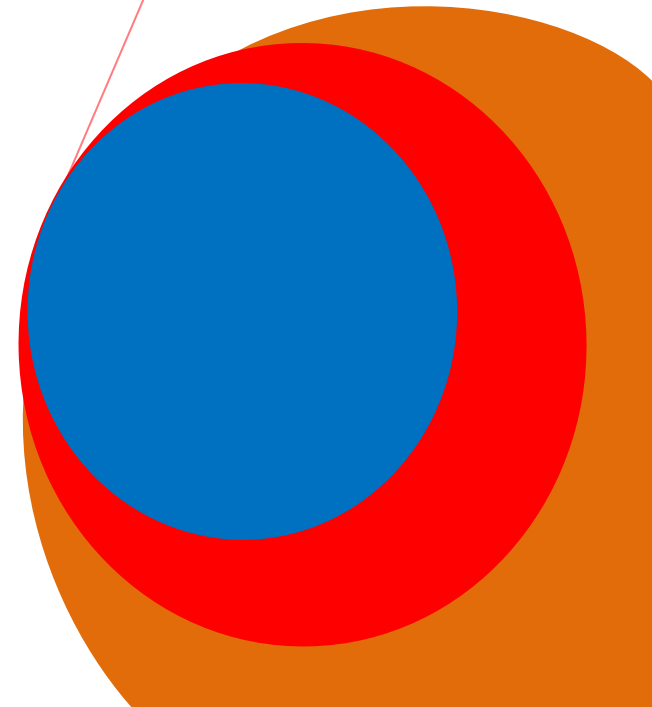
The counselling service  
relies on donations.

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## Out-of-Hours

# Counselling and Psychotherapy



# Counselling and Psychotherapy

## Why Counselling?

There are times in our lives when we feel worried or depressed, unable to cope or don't know which way to turn. These feelings can be overwhelming and can relate to incidents or losses in the past or present, or concerns about the future.

Counselling provides an opportunity to look at what is happening in a safe and confidential environment. It is a chance to share problems with someone who is outside our personal situation and who can listen without judging us.

The aim of counselling is to help people reach a better understanding of what is going on, to explore and express one's feelings and thoughts, to find better, more effective ways of dealing with the problem and to enable greater acceptance of self and others.

### Some of the Areas for which Support is offered:

Depression (incl. post natal), coping with the responsibilities of being a parent, relationship problems (inc. couple counselling), loss of purpose and direction of life, bereavement and loss, pent up emotions, lack of self-esteem, loneliness, stress and anxiety, conflicts, life changes.

## Code of Ethics and Confidentiality

We work to the British Association of Counsellors and Psychotherapists (BACP) Code of Ethics

The **Centre for Better Health (C4BH)** operates an integrative counselling service, so that therapy can be tailored to the individual needs of clients. Through negotiation with your therapist, it is possible to gain a clear idea of the issues you want to work on.

Our therapists are qualified, and trained in a wide range of therapeutic backgrounds, particularly in Cognitive Behavioural Therapy (CBT), Cognitive Analytical Therapy (CAT), Humanistic (Gestalt & Person-centred), Psychodynamic, and Systemic & Family Therapy.

## The Referral Process

### 1. By phone

Contact C4BH at anytime between 9am and 5pm on Monday., Tuesday., Wednesday or Friday. or between 9am and 8pm on Thursdays. Please leave your details with a member of staff and an assessment form will be posted to you.

### 2. Call in person

Please feel free to obtain an assessment form by visiting the building. A map and our address are provided on the back of this leaflet.

## 3. By Post

You can also write to us requesting an assessment form be sent to you.

## 4. On our Website

You can download the assessment form at [www.c4bh.org.uk](http://www.c4bh.org.uk).

## What Happens Next?

On receipt of a completed assessment form we will match your availability and suitability with one of our counsellors.

After your first session you and your counsellor should have a clear idea of what you expect from counselling.

## Appointments

Sessions will take place between 5pm and 8pm (last session starts at 7pm). Each session will last for 50 minutes.

## Cost

There is a charge of £30 per session.

## Venue

Counselling sessions will take place at our offices in 1a Darnley Road, Hackney, London E9 6QH.