

SignHealth Therapists are:

- Available wherever you live in the UK
- Fully qualified
- Deaf or hearing
- Use BSL
- Understand deaf culture
- Work within a professional and ethical framework

Trainee Placements

SignHealth supports people who are training to be therapists with Deaf people. All trainees need time with clients to qualify as a therapist. Sometimes you might meet one of these trainees in the final part of their training.

Trainees are given support from experienced SignHealth supervisors. If you would prefer not to see a trainee, you can tell us.



SignHealth Therapy Service



A CHANCE TO MOVE ON

If you, or someone you know needs some therapy support, please contact:

SignHealth
5 Baring Road
Beaconsfield
Bucks
HP9 2NB

Tel: 01494 687600
Fax: 01494 687622
SMS: 07966 976747
Minicom: 01494 687626
Email: therapy@signhealth.org.uk

Charity no: 1011056 www.signhealth.org.uk

What is Therapy?

Therapy is sometimes called Counselling. It helps you to think of ways of overcoming any problems you have.

Some of your problems might be because you are:

- Worried / Depressed / Confused
- Having identity issues
- Having feelings of panic or anxiety
- Feeling bad about yourself
- Wanting to make changes in your life
- Having to cope with changes that you have no control over.

How can Therapy help me?

Talking to a therapist can be a great help and a way of you taking control and taking choices in your life. It can help to talk things over with someone who is not a friend or part of your family. The therapist will not tell anyone about your problems and will not judge you. You will be able to communicate with the therapist directly, as they all use BSL.

What happens at the first session?

You might not know why you are unhappy or sad or know what your problem is. This is normal. It might help to think about these questions before your first appointment:

- What is wrong?
- How long has it been going on?
- Is it just about how you feel or do I need to do something – or both?
- Are other people part of the problem?
- What do I want it to be like at the end of counselling?

At your first meeting you will have time to see if talking with someone will help or not. You can ask any questions you want so that you can make a decision and fully understand what may happen. Try to be as open and honest as you can so you and the therapist can decide whether therapy will help.

How will I feel?

At the start of your therapy session, you might feel you can't cope with your feelings. If this happens to you, just tell your therapist. These feelings are normal and the therapist will help you try and cope with them better.

T H E R A P Y

Will the therapist tell anyone about me?

Your therapist has professional supervision for their work and they have to meet high standards. They are supported so they can support you. They will keep all your conversations private. But they may have to tell someone else if you say you want to harm yourself or someone else. They will tell you more about this at your first appointment. You can tell anyone you like about the therapy sessions.

All our therapists are members of a professional association. This means they have to work within strict rules. We can tell you more about this or you can look at www.bacp.co.uk which gives you more details about the ethical guidelines we adhere to.

If I need to complain, how do I do this?

If at any time you are unhappy with the therapy service, please tell the SignHealth manager who will help you. Contact details are on the back of this leaflet.

