

How often do I come for my counselling appointments?

Each counselling appointment lasts for 50 minutes. Appointments are usually held once a week. We will agree together the number of counselling sessions that you will need to attend.

Where do I go for my counselling appointments?

I work at the Ellesmere Centre for Counselling, Psychotherapy and Training, 861 Holderness Road, Hull. HU8 9BA.



The centre has counselling rooms in a calm and peaceful environment. It also has counselling rooms that are wheelchair accessible.

How do I book an appointment?

If you would like to book an appointment with me, you can either:

1. Phone Me: 0790 191 3291
2. E-mail me: Counsellingjb@gmail.com
3. Visit my website:

www.youthcounsellinghull.co.uk



I look forward to hearing from you.



John Bradley Counselling for Children and Young People

Tel. No: 0790 191 3291

E-mail: Counsellingjb@gmail.com

Website:

www.youthcounsellinghull.co.uk

Address:

**Ellesmere Centre for Counselling,
Psychotherapy and Training
861 Holderness Road
Hull
HU8 9BA**

How can counselling help you?

If you are worried about:

- The effect events are having on you
- Your parents separating
- The loss of loved one
- Your behaviour
- Your friendships and relationships
- Feeling angry or sad.

Counselling may be helpful to you.



What happens when I come for counselling?

As your counsellor, I will listen to you and, whatever it is that you want talk about,:

- I will be friendly and objective
- I will not tell you what to do
- I will not judge you
- I may offer you information if you want it
- I will not dismiss you or your ideas or your feelings

No matter how big or small the problem is, I will be interested to listen to you.

Is it confidential?

Yes, it is. I will not tell anybody else about most of what you talk about. In our first session, I will explain to you the things that I may have to share with others.



Is counselling all about talking how you are feeling?

No it's not. Sometimes you may not feel able to talk about something (usually for a good reason), so I might offer you a creative way of working. This means that you may draw how you feel or you could use a sandtray to express how you are feeling.



What can I talk about when I come for counselling?

You can talk about anything that is worrying you. I have experience of helping children and young people with many issues, including:

- Abuse (Emotional, Physical and Sexual)
- Anger
- Anxiety and depression
- Bullying
- Disability
- Drugs
- Eating disorders
- Exams
- Family issues
- Friendships and relationships
- Loss
- Parents separating and divorcing
- Self-confidence and self-esteem
- Self harm and suicidal thoughts
- Sexual issues and sexuality
- Stress

Have you got any experience of counselling children and young people?

Yes, I have lots of experience. I have been working as a counsellor with children and young people since 1998.