

ISSUES WE CAN HELP YOU WITH INCLUDE:



With counselling **you** set the agenda. There are no workbooks or pressures to do what someone else thinks you should do.

What we do want is for you to feel happier, safer and more able to get on with life.



Complaints, Comments & Suggestions ?

If you are unhappy with the service you have received please talk to your counsellor to begin with if you can. You can also contact the main office or download the complaints leaflet from the downloads section of our website.

Contact us

DAPL

1-2 Parkdale Avenue,
Leven, Fife KY8 5AQ

Email: enquiries@dapl.net

www.dapl.net

01333 422277



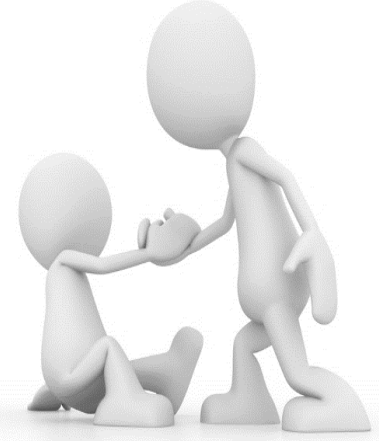
If we are not around or the office is closed you can always get support from:

- SAMARITANS **116 123**, this number is **FREE** to call
- CHILDLINE **0800 1111**, this number is **FREE** to call
- If you are at risk or in danger the Police are always on hand to give immediate support and protection **999**

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DAPL

Be seen Be heard Be understood



TRAUMA INFORMED THERAPY

INFORMATION FOR YOUNG PEOPLE



FIFE'S
COUNSELLING
SERVICE



What is Counselling?

Counselling is spending time with someone who is able to help you work on issues.

Your counsellor can help you work out what's right for you



Counselling Contract:

This is an agreement made between a counsellor and a client. It helps us to see what our responsibilities are whilst we are working together.

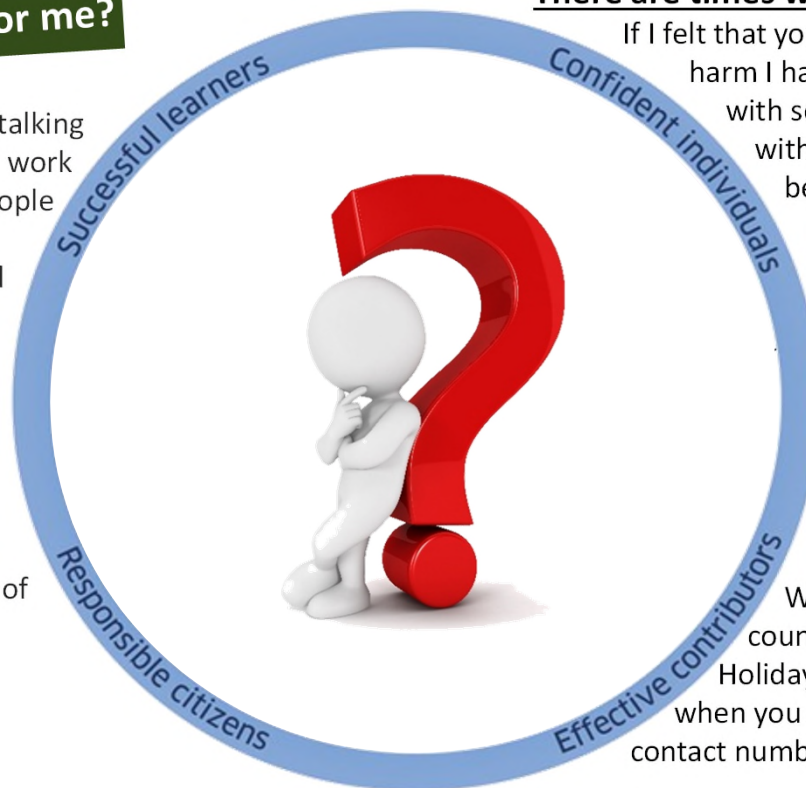
Confidentiality:

Counselling sessions are **confidential**; your thoughts, and feelings are private to you. Everything we talk about in our session's is kept **private (confidential)** within the DAPL staff team.

Will Counselling work for me?

Everyone is different. For some people talking about their problems is the best way to work out what they need to do. For other people this can be really tough. Counselling is voluntary. This means you can try it and if it doesn't work for you don't have to come back. No one should give you a hard time about the choices you make regarding the supports that you find useful.

Counselling can be part of the network of supports that keep you safe and well.



There are times when I cannot keep things private.

If I felt that you or somebody else was unsafe or at risk of harm I have a responsibility to share this information with somebody else. In this situation I would discuss with you first and also look at the ways that can best help or resolve the situation.

Named Person:

Every young person in Fife has someone who is responsible for keeping them safe.

What you talk about in your counselling session is still confidential. Information will only be shared when you are at risk or you agree for it to be shared.

When do we meet?

We normally meet every week. You and your counsellor will agree how this works for you.

Holidays, illness, exams and study leave will affect when you meet. Make sure you have your counsellor's contact number to let them know what's happening.



If you arrive late for your session we will still have to finish at our originally agreed time. If you are unable to make a session, it is important that you let me know as soon as you can; if you do not attend a session without giving notice or making contact then unfortunately your case will be closed.



Note Taking/Storing Art Work: After your session I have to write a little about what we have talked about. These are called **notes**. Your notes are kept private (**confidential**). Any art work you make will be stored **privately** at DAPL premises until your Counselling ends.

Clinical Supervision: Supervision is something that every practicing Counsellor must have to maintain 'Client and Counsellor' safety during the Counselling relationship. I attend 'Supervision' monthly and may decide to talk about our sessions. This is to support me whilst I work with you and ensures I am working correctly. I will keep your personal details **private**.