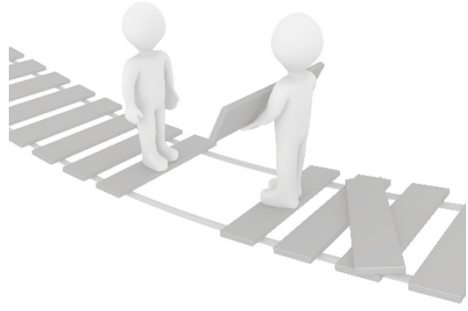


ISSUES WE CAN HELP YOU
WITH INCLUDE:



alcohol drugs *anger loss*
relationships children
addiction abuse **rape**
self-harm **suicide** anger
employment **pain**
education information
support **recovery**
dependence isolation
depression **anxiety**

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

Our aim is for you to
feel happier, safer and
more able to get on
with life.



Contact us:

Drugs, Alcohol & Psychotherapies Ltd

1-2 Parkdale Avenue,

Leven, Fife KY8 5AQ

Email: enquiries@dapl.net

www.dapl.net



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
- BREATHING SPACE **0800 83 85 87**, 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

DRUGS, ALCOHOL &
PSYCHOTHERAPIES LIMITED



INFORMATION FOR ADULTS

YOUR FIFE WIDE FREE COUNSELLING SERVICE

What is Counselling?

Counselling and psychotherapy are terms that cover a range of talking therapies. They are delivered by qualified practitioners who work with people over the short or long term to help them bring about effective change or enhance their wellbeing.

In other words counselling is spending time with someone who is able to help you work through your issues.

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.

Sharing Information

If I need to share information about you I will require your written consent. Unless you have signed the consent to liaise form I will be unable to give anyone information about you as this would breach the Data Protection Act 1998 (There are exceptions to this. See the section on confidentiality).

Counselling Contract

This is our Counselling Contract. It 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.

There are times when I cannot keep things private. If I felt that you or someone else was unsafe or at risk of harm then I would I have a responsibility to share this information.

In this situation I would:

- Where possible discuss it with you first
- Look at the ways that can best help or resolve the situation
- Only share the essential information relating to my concerns

Schedule of Session:

Our sessions will normally last for 50 minutes. They are held weekly, on the same day and at the same time and venue unless we arrange otherwise.

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 (Confidential).

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.