

IF YOU THINK YOU HAVE A PROBLEM TAKE ACTION!

If you are concerned about your own or someone else's lifestyle, you should talk to a Counsellor in confidence. Just talking to someone who has the time to listen constructively can help to relieve you of some of the burden of any worries you may have - even if it is only to get information, advice and/or guidance. We have experienced Counsellors who can help.

Our office hours are:

Monday to Friday 09.30 a.m. to 5.00 p.m.

Appointments can be arranged for evenings and weekends.

ORKNEY ALCOHOL COUNSELLING & ADVISORY SERVICE

We offer:

- General Information and Advice
- One-to-one Counselling
- Counselling for Relationships (Families/Partners/Friends)
- Support Groups
- Youth Counselling Service
- In School Counselling

If you require our assistance or want to find out more about what we offer:

Telephone to arrange an appointment

Drop in to see us

You can also ask a friend, relative or your GP, employer, social worker, solicitor to make an appointment for you.

All Counselling is confidential

& free of charge



British Association for
Counselling & Psychotherapy

"As an Organisational Member of BACP we are bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy, and subject to the Professional Conduct Procedure for the time being in force."

Affiliated to:



ARE YOU EXPERIENCING PROBLEMS WHERE COUNSELLING MIGHT HELP?

Such as:-

- ◆ **Stress**
- ◆ **Anger**
- ◆ **Relationships (Families/ Partners/Friends)**
- ◆ **Gambling**
- ◆ **Low Self Esteem**
- ◆ **Self-Harm**
- ◆ **Coping Strategies**

Contact:

Orkney Alcohol Counselling & Advisory Service

6 BRIDGE STREET WYND, KIRKWALL

Tel: 01856 874738

Fax: 01856 871011

E-mail: enquiries@oacas.org.uk

www.oacas.org.uk

Who are we?

We are an independent, voluntary organisation. We help people who are suffering from the effects of alcohol and/or drugs misuse, **either** through their own excessive use or because someone they are close to (spouse, family member, friend) is misusing alcohol and/or drugs.

Our Counsellors are all professionally trained and supervised to standards set by Alcohol Focus Scotland, and have skills in “generic” Counselling that are not only applicable to those with alcohol and/or drugs problems. **Therefore they can assist individuals having difficulties with life skills that are unconnected to alcohol and/or drugs misuse.**

Who do we help?

Anyone who is in need of information, advice, support or Counselling for themselves, a family member, relative or friend. It does not matter how old you are, whether you are still at school or retired, what occupation or lifestyle you have, whether you are male or female, married or not.

What is Counselling

Counselling is a personal one-to-one relationship in which you can explore your thoughts and feelings with someone who has the skill to help you. It is not an advice service.

Advice givers whether friends or professionals, seldom know the real you, but they will tell you what they think is best for you or what has worked for themselves or other people. But as we are all individuals, the advice giving approach does not always suit everyone.

Counsellors may try to find out how you usually approach problems and what you have tried before. What worked or didn't? What do you think might be useful? What is “just not on” for you? As you actually know more about yourself than anyone else does, the Counsellor will ask you about you.

The Counsellor may invite you to explore your thoughts in a little more detail. In doing so you may discover thoughts and ideas that you were not aware of before.

These new thoughts can bring the opportunity to make decisions and take the best path for you – without any more help from anyone.

Not everyone walks out of a Counselling relationship quickly, however. Some may have several different problems to face at the same time and will need more time than others.

How long and where

It is practical to meet at a regular time and day each week in a room where you will have privacy. A receptionist will be nearby, but will not be able to hear the conversation. Six sessions, each less than an hour long, is usually a good target. But we can discuss what is best for you at our first meeting.

Judgement of you or your way of life is not a part of the deal and although you may be asked to examine your old habits and consider change, only you can decide when the time is right for you to do so.

With support you will begin to accept how much you already know about yourself and will learn to trust your own experiences and feelings. That is Counselling beginning to work. The eventual goal is to help you, the client, manage your life without any Counsellor. You're life, your choices, your successes.

Who will find out what I say?

Confidentiality usually stays within the agency. Trust is essential and has to be built. There are clear guidelines to protect client and Counsellor and these will be discussed in the first Counselling session. It's a good time to set the boundaries and find out if we can work together.

How long do sessions last?

Counsellors are busy people and the Counselling session starts on time – with or without you. Sessions are **usually** no longer than 60 minutes. The session may be shorter if the client wishes.

What if we cannot work together?

One skill in Counselling is to recognise when it is not working and to respect your right to quit or perhaps see a Counsellor who might suit you better. Usually, however, clients and Counsellors work out their difficulties by facing up to them, just like most problems in life have to be faced.

What problems can I bring?

What you want to bring - the time is yours – but Counselling is not a cosy chinwag. Honest working sessions may be difficult for client and Counsellor alike but are often the most helpful. Facing the problem often brings it down to size.

Will the Counsellor have experience of my problems?

Some have personal experience of similar problems, but your experience is much more important. Counselling is not about how a Counsellor found answers. Its more about believing in yourself – the real expert.

Depression, low self-esteem, stress and family relationships are typical Counselling matters. But no matter how ordinary or unusual you think your problem is, the Counsellor will listen to you and treat you with respect.

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