

## Basingstoke Counselling Service

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- has provided a counselling service in Basingstoke since 1985 largely sustained by donations from our clients
- delivers recognised training to those seeking counselling skills to enhance their existing skills in the workplace
- is a registered charity (no. 900559)
- is an Organisational Member of BACP, bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to the Professional Conduct Procedure for the time being in force

This means that Basingstoke Counselling Service is a well regulated, professional organisation whose high standards are subject to regular appraisal and whose work is within an ethical framework for good practice and includes complaints procedures.

Counselling is often helpful but there can be no guaranteed therapeutic outcomes.

Basingstoke Counselling Service welcomes applications from people in all walks of life.

## Basingstoke Counselling Service

Goldings, London Road, Basingstoke, RG21 4AN

Tel: 01256 843125

E-mail: [info@basingstokecounselling.org](mailto:info@basingstokecounselling.org)

Website: [www.basingstokecounselling.org.uk](http://www.basingstokecounselling.org.uk)

Registered Charity No 900559

## Basingstoke Counselling Service

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### A brief guide to Psychodynamic Counselling



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## Counselling

### Who needs counselling?

Many people use counselling to help them through periods of distress or difficulty with a wide range of problems. These include feeling lonely, anxious or depressed; feeling in need of support and understanding; finding it hard to relate to others; a personal crisis such as marriage break-up or bereavement; undergoing life changes such as redundancy or retirement.

### How can it help?

A counselling relationship is different from social or family ones. A counsellor is trained to listen and respond in a non-judgmental way. Counselling takes place in a safe, confidential environment where together you and your counsellor can reflect on your problems. Sharing your concerns with someone who is not directly involved can bring immediate relief, and over time it is possible to find new perspectives and to feel free to cope in new ways.

### Basingstoke Counselling Service

We offer psychodynamic counselling and this leaflet describes briefly what you can expect, and how this kind of counselling can help.

## Psychodynamic Counselling

### The Counsellor

You will see your counsellor for regular weekly sessions of 50 minutes and the relationship you build over time is an important part of your work together. Psychodynamic counsellors have their own therapy as part of training so they have greater freedom to reflect on your experience inside and outside the counselling room.

### Past patterns

We all tend to repeat patterns of behaviour and even when we want to change we can find ourselves unable to do so. A painful situation in the present may have its roots in the past, and psychodynamic counselling can help find a connection.

### The relationship

Sometimes patterns repeat in the counselling relationship: the counsellor may seem to have familiar personality traits which remind you of significant people in your life, such as a parent. The experience of understanding this without fear of rejection or retaliation can bring new understanding, build confidence and leave you with a better sense of who you are.

## What to Expect

### Beginning

In the first few sessions you and your counsellor will make an agreement which will include:

- The day and time of your regular meeting
- Cancelled sessions and arrangements for holidays
- Donations to the Counselling Service
- The Gift Aid scheme and how it helps us.

### The process

At times counselling can be difficult or uncomfortable. It is not always easy to know what to expect or how to proceed when you are given time to talk about yourself. Let the counsellor know how you are feeling and raise any concerns you have, as this is an important part of counselling.

### Ending

Ending counselling is an important part of the work. Psychodynamic counselling may be for an agreed short-term period or open-ended, where you and your counsellor will agree when you feel ready to end, fixing a date in advance. This avoids a sudden or abrupt ending.