

The Hope Street Centre

The Hope Street Centre was started in 2001 with the aim of providing a high-quality counselling and psychotherapy service to the people of the local area, and this still remains its main objective.

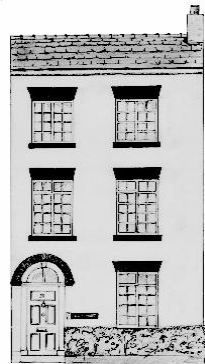
However, as the business has developed other therapists have established practises at the centre, and the range of therapies available has increased to include a wide range of psychological and complementary therapies.

For practitioners, the aim is to provide a congenial working environment that is professional, comfortable, quiet and discreet.

Several comfortable rooms are available, providing spaces for individual therapy as well as groups of up to 12-15 people.

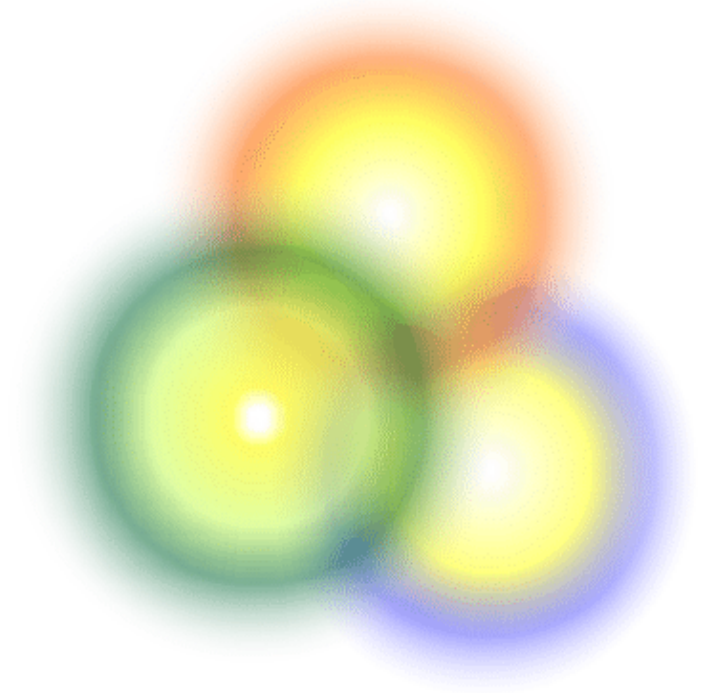
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For further information about the services and therapies offered by The Hope Street Centre , please contact Maurice Tomkinson, Centre Director, at the address below.



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The Hope Street Centre



**services for
organisations**

Counselling

Counselling is a term which has become very familiar through the media, usually mentioned in the aftermath of disasters (“...the survivors have been offered counselling...”). Although it has been portrayed as a panacea for all emotional distress, the reality is somewhat different.

Counselling at its best is an intensely personal encounter between two people. This is achieved mainly through talking, although other techniques such as drawing and working with objects can be used. It is based on confidentiality (allowing the client to talk freely and in confidence), boundaries (providing the element of safety), empathy (enabling the client to feel understood), acceptance and honesty. When these conditions are met, counsellors believe that the innate potential of the individual can operate, allowing them to heal themselves and discover their own creative solutions to their problems.

Counselling is therefore not something that is done to the client by the counsellor, but a process of facilitating the client to help themselves.

Coaching

Whereas counselling tends to focus on feelings and emotions, coaching helps individuals to succeed in their personal objectives, through setting goals, increasing motivation, improving morale and overcoming limiting thought patterns and behaviours.

Coaching looks more towards the future than the past, is more concerned with what can be achieved than the causes of problems. It will not change fundamental personality traits, but it can contribute to the individual's success and achievement.

Supervision

For employees working in counselling, caring and support roles (whether formally trained or not) it is generally considered that it is good practice to have some form of supervision. This is particularly true where the clients may be vulnerable, emotionally distressed or challenging.

Supervision helps to protect both the support worker and their client, by providing a fresh viewpoint from someone who is less closely involved. The British Association for Counselling and Psychotherapy recommends 1½ hours of supervision per month.

Smoking Cessation

There is increasing pressure on employers, from government policy and legal actions, to reduce the effects of passive smoking in the workplace. With many organisations banning smoking in all or part of their premises, the pressure on smokers to quit is steadily increasing.

However nicotine is an addictive substance, and for some smokers it can be very hard to give up. Research has shown that a combination of Nicotine Replacement Therapy and a personal support programme

can double the success rate of attempts to quite, compared with going it alone.

We can tailor a stop smoking programme for your organisation, combining NRT (patches, gum, lozenges, microtabs and other nicotine replacement products) with counselling and motivational support.

Group Facilitation

There are many ways in which working with groups can benefit your organisation. We can facilitate groups, either at the centre or at your workplace, on issues such as organisational change, team building, incident debriefing and conflict resolution. Please contact Maurice Tomkinson to discuss your requirements.

