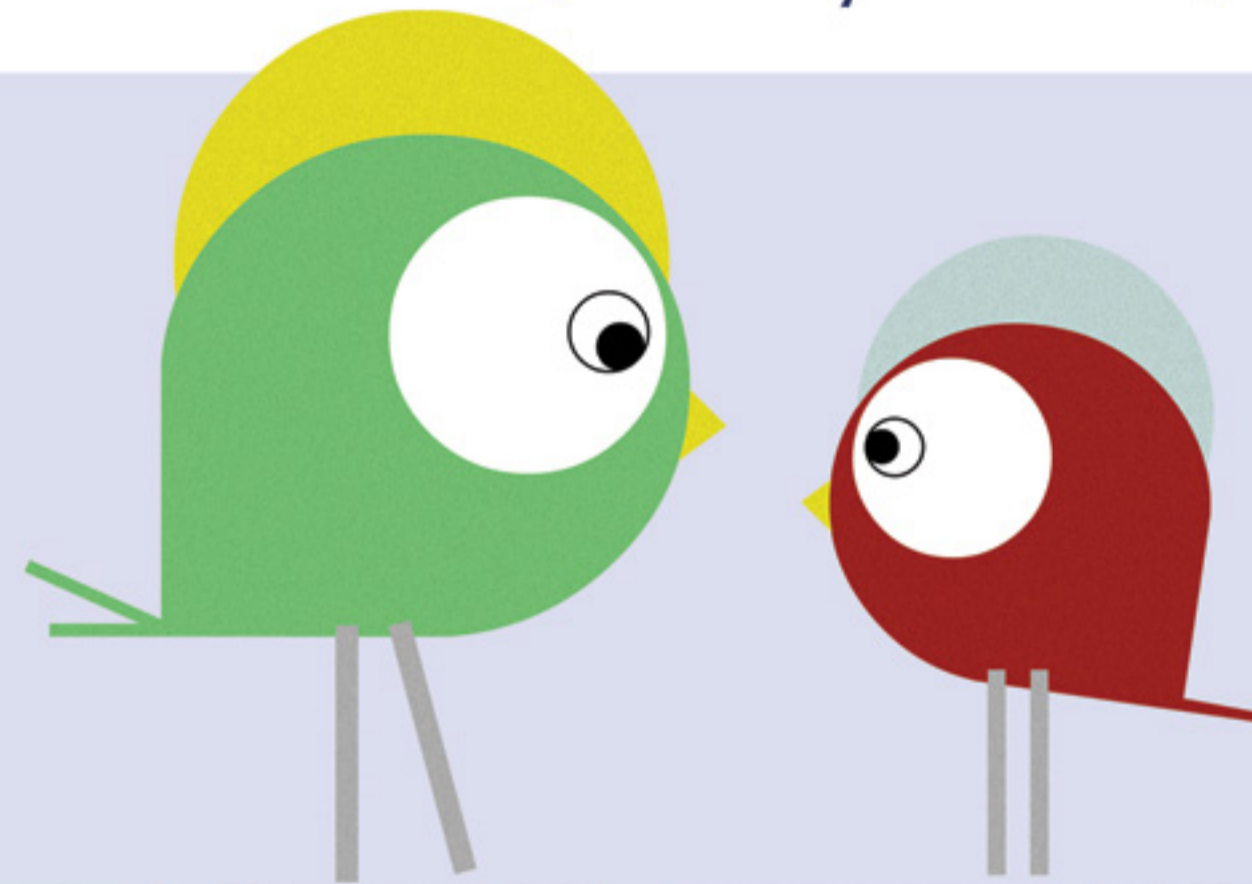




Counselling for Children & Young People (5 - 25 year olds)



zoocreative

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youthlife

Youthlife

Youthlife works to improve the emotional health and well-being of children and young people who have experienced bereavement and loss. We provide a wide range of programmes in and out of Centre to children and young people from the age of 5 years to 25 years.

What is Counselling?

Counselling is a process where an individual can look more closely at his or her life and get help from a trained counsellor who will remain confidential and non-judgemental. The counsellor will assist the child or young person to work through issues or concerns while respecting their values and beliefs.

What issues can you bring?

Therapists work with a wide range of issues such as bereavement, bullying, self-harm, depression, anxiety, sexual abuse and eating disorders and many more. There is nothing so awful or so small that cannot be discussed.

Youthlife Counsellors

Counsellors are trained to a minimum of Diploma in Counselling level and have an added accredited qualification in counselling children and young people. Counsellors receive regular clinical supervision for their client work in line with the British Association of Counselling and Psychotherapy (BACP) and the Irish Association of Counselling and Psychotherapy (IACP) guidelines.

Assessment

An assessment meeting will usually be carried out prior to commencement of counselling. This will enable the counsellor and client to meet and decide if counselling is the best course of therapy for the child or young person.

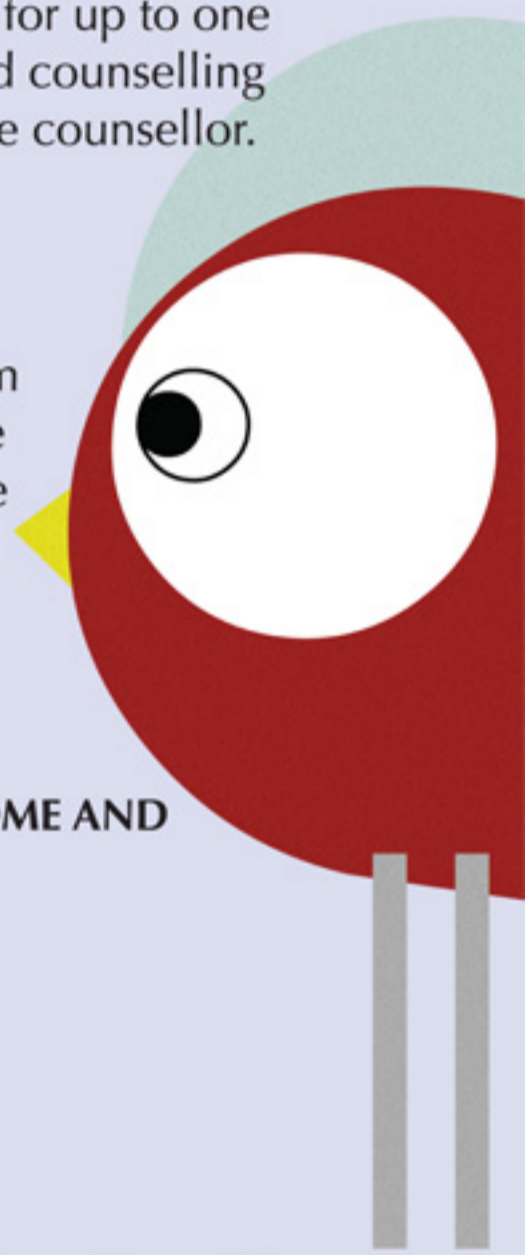
Counselling Sessions

We usually have a waiting list for counselling and when a counsellor becomes available we will contact you to arrange a mutually agreeable appointment and a contract for 6 sessions will be set up initially. Appointments will usually take place once a week and last for up to one hour. Youthlife is a non-time limited counselling agency and counselling will end at a time agreed between the young person and the counsellor.

Cancelling an Appointment

If either party has to cancel an appointment we expect them to give at least one days notice (emergencies excepted). We have this policy because our counsellors do not work in the Youthlife Centre but come in especially to see clients and we need time to contact them if an appointment has to be cancelled.

WHILE THE SERVICE IS FREE, DONATIONS ARE MOST WELCOME AND ENSURES CONTINUATION OF THIS VALUABLE SERVICE.



The following services are available at the Youthlife Centre

Counselling Service // Growing Through Change Residential Programme // Headstart Programme // Team Enrichment Residentials // WAIN Programme
OCN Accredited Training // Safe Futures Programme // Supervised Social Events // Drop-In Service // Homework Club // Quit & Get Fit - Stop Smoking Group
Healthy Lifestyle // Positive Parenting // Active Families Programme // Opting In Programme // Youth Health Cafe