

What is the Association of Christian Counsellors (ACC)?

ACC is a registered charity which holds a Professional Standards Authority (PSA) register of counsellors who are:

- professionally qualified
- working within a code of ethics & practice
- Christians

ACC counsellors work with people of all faiths and none. They will not impose their beliefs on anyone but will value differing faith perspectives.



What to expect in counselling?

Counsellors should provide you with a contract in the first session and clearly explain:

- the services they offer & what they charge
- the confidentiality policy & boundaries
- the professional bodies that they are registered with and the ethical code they work under (including how to make a complaint if things go wrong).

How can I find a counsellor?

There are many ways to access counselling, including:

- Association of Christian Counsellors (ACC) 'Find a Counsellor' online search facility at www.acc-uk.org
- GP or other source of referral
- Workplace or school
- Counselling agencies/centres
- Using websites of other counselling bodies that hold a Professional Standards Register



How do I find a counsellor I can trust?

Make sure that they are on a **register** of counsellors, which is overseen by the government via the Professional Standards Authority (PSA). Anyone on a **PSA register** will be trained and committed to ethical practice.

You can find the professional counselling bodies that hold a PSA register on the PSA's website: www.professionalstandards.org.uk/what-we-do/accredited-registers

Counselling: What do I need to know and how do I arrange it?

Counselling is a professional relationship providing a confidential space in which you can talk through issues that are affecting your life with someone trained to help you.



Why Counselling?

Research suggests that counselling helps people:

- bring about positive changes in their life
- increase their wellbeing
- work through and cope with life's difficulties and pain, for example: anxiety, depression, trauma, abuse, addictions, bereavement, relationship problems and breakdown, etc.

Is having counselling a sign of weakness or failure?

Having counselling is **not** a sign of weakness or failure.

It takes courage to be open to yourself and others about what is going on in your life and to seek professional help.

What type of counselling?

There are many types of counselling, but they should all offer:

- a safe place
- empathic listening
- a supportive relationship
- a process to reflect and consider your thoughts, feelings and behaviours

What do counsellors do?

Professional, qualified counsellors have skills to help people in many situations.

Most counselling is done through regular meetings over a period of time and counsellors will work with the issues that you bring and towards the goals that you have set.

Some counsellors may have additional training & experience in specialist areas e.g. addictions, couples, trauma, children and young people.

Further information

For information on joining us or finding a Christian counsellor, visit ACC's website www.acc-uk.org

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