 

**2021/22 COUNSELLING SERVICE CRITERIA**

1. The applicant is currently in an unpaid caring role (carer *can* be receiving carers allowance) and is age 18 years or above.
2. The applicant feels that their caring role is having an impact on their own health and wellbeing.
3. The applicant is NOT receiving any other counselling at present.
4. The carer and Shetland Carers Support Worker believe that accessing the Counselling Service will benefit the carer’s emotional wellbeing.
5. The applicant will be offered an initial block of six sessions. Depending on funding available, additional sessions could possibly be offered.
6. There is no closing date for applications, sessions will be available while funding allows.
7. Eligible applicants will also be asked to complete a health and wellbeing survey to support their application.

**Notes about application process**

Once Shetland Carers has received your application, you will be contacted by a staff member and, if you meet our eligibility criteria, a referral will be made. You will then be asked to contact Laurence Sutherland directly to arrange sessions at a mutually convenient time and location, and his contact details will be given. Carers will be offered six sessions in total, which includes an initial assessment. Sessions will either be at Laurence’s premises in Scalloway or at Market House, Lerwick. Both locations ensure confidentiality and a relaxed atmosphere where carers can talk freely. All sessions are free.

You can apply for the Counselling Service online at <https://www.shetlandcarers.org/support/counselling-service> or email carers@shetland.org or call Amanda Brown at Shetland Carers to obtain a paper version of the application form on 01595 743923.

**After Your Counselling Sessions**

As part of the conditions for the Counselling Service, you will be asked to complete an evaluation form telling us how you found the application, referral and booking process and if the sessions have been helpful for you. As well as enabling us to report back to our funder, this information helps us to monitor the success and take-up of the service and make improvements where necessary.

*Laurence Sutherland is an accredited member of the British Association of Counsellors and Psychotherapists (BACP), this means he is committed to working to BACP’s Ethical Framework. He has over 20 years experience working with both short and long term clients, this includes over 15 years experience working for the NHS as a psychological therapist in a mental health setting. He has knowledge of, and a keen interest in trauma and the effects of trauma on the body. This has led to a lot of post qualification training in trauma work. In addition, he has a specialist interest in bereavement.*

*Laurence is also a co-trainer, training volunteers for a local bereavement support service. He would describe his practice as integrative although his original Person Centred training underpins his therapy work.*

*Website:*

[*https://www.counselling-directory.org.uk/counsellors/laurence-sutherland*](https://www.counselling-directory.org.uk/counsellors/laurence-sutherland)

*Facebook:*

[*https://www.facebook.com/LaurenceSutherlandHillsideCounselling/*](https://www.facebook.com/LaurenceSutherlandHillsideCounselling/)