

Terms

If you want to access counselling at The SWAN Project, you will need to contact us to arrange an assessment.

During the assessment we will take basic information about what is bringing you to seek therapy. We usually meet for about 30 minutes, during which time we can look at which type of counselling may best suit you.

We will then be able to allocate you a counsellor who should be suited to your specific needs. It normally takes less than 2 weeks from assessment to beginning to work with your counsellor.

Counselling sessions usually last for 50 minutes and take place at the same time each week. All material discussed remains confidential between you and your counsellor.

You will need to make a contribution towards the cost of your counselling during these sessions, no matter how nominal a fee. Most clients contribute £10 - £25 towards the cost of therapy. However, your contribution is based on how much you realistically can afford to pay, *so don't let money stop you asking for help!*

Where Are We?

We are based in Montpelier, Bristol and have comfortable, safe and inviting premises. Directions can be found online at the website www.akousis.co.uk/swan.

Referral to SWAN can be made directly by you, or via your GP, support worker or other agency.

To arrange an initial assessment, or to get more information, please contact us at:

The SWAN Project
1 Fairlawn Road
Montpellier
Bristol
BS6 5JR

Tel: 0117 9892521

Alternatively you can email:

info@swan.co.uk
hannahduncan@tiscali.co.uk or
ronnieaaronson@hotmail.co.uk



The SWAN Project

Long Term, Low Cost Counselling



Registered Charity Number: 1122634

- Specialists in a Non-12 Step Approach to Addiction
- Able to work with a wide range of other presenting problems.

About Counselling...

People go to counselling for many reasons – they may be struggling with addiction, feel depressed, or lost, may be going through major life changes, or may want help with a particular issue that they can't discuss with people in their immediate life.

It is a brave step to take, particularly if you are used to keeping your thoughts and worries to yourself. However, for many it is a step well worth taking: counselling is a really helpful and valuable way to work through difficulties and problems. It allows space to talk to someone without interruption, opinion or judgement.

You can explore different parts of your life and feelings, talking about them freely, without worrying about burdening the counsellor.

Counselling at SWAN offers a safe and caring environment, where we will support you to express yourself freely and fully.

It will also be offered to you for as long as you feel you need it – we don't restrict the number of sessions that are available, but decide the length of each specific counselling relationship individually.

What Can SWAN Offer?

SWAN has is a unique place within the Bristol Community. We have vast experience of working with addiction, and see addiction as a cycle that is hard to break – but that can be overcome with the right support and the opportunity to really see what the triggers, risks and warning signs are.

SWAN became a charity in 2008 with the firm commitment that we would not turn away **anyone** that we felt could be helped by counselling and the support we offer. This includes those who do not have a specific addiction issue, but need counselling and cannot afford to pay for it privately or via their GP.

We also passionately believe in offering **long term** counselling and so offer up to 2 years. This can have a huge impact on our capacity to change as individuals.

All of our counsellors are have addiction training, work to the BACP Code of Ethics and receive regular professional supervision to ensure they are working in the best interests of their clients.



What Problems/Issues Do We Work With?

The SWAN Project was set up in 2004 to work with individuals with alcohol addictions, offering Day Programmes and long-term counselling not based on a 12 Step model. Since that time we have been offering long term counselling for the following difficulties:

- Abuse
- Addictions (including alcohol and drug addictions and gambling)
- Adoption
- Anxiety/Panic
- Bereavement and loss
- Compulsive behaviours
- Depression, including bi-polar disorder and personality disorders
- Eating disorders
- Gender issues/sexual issues
- Insomnia and sleep disorders
- Self harm

- Relationship breakdown and change
- Major life events including life-stage changes