

**LifeWorks Counselling** is the Psynamo Group's Mental Health Initiative to match those in need of counselling at a low-cost level with one of our supervised placement counsellors. We have team of supervised Master's level placement counsellors who are held to the highest standard of care whilst seeking to complete their clinical hours.



Every counsellor needs to learn and practice the basics to move on to becoming a professional. In the course of completing a professional Master's degree, every counsellor is required to carry out a minimum number of hours with actual clients, with real-world issues, that require sensitive and professional care. Much as dental hospitals allow low-cost dental services for those who would work with their team, we are offering a flat fee counselling opportunity to those who feel that work with one of these developing professionals could be right for them.

This is a unique opportunity to work with ethical, sensitive and confidential developing professionals who will give you the supportive space you need and deserve.

The team at the Psynamo Group are passionate about promoting a positive mental health approach for our clients, our team members and students of the mental health practices alike. We firmly believe that everyone has the ability to grow and we apply the principles of this belief to counsellors who are maturing into the professional.

As one of our many mental health initiatives, we seek to provide professional-level support to anyone who finds us and decides to work with our team members. To this end, we arrange sessions for our supervised Placement Counsellors seeking to complete clinical hours for their Master's level counselling degree with those clients who feel they are ready to receive counselling and who would also consider paying a standard low fee for doing so.



Our expectations for the level of professionalism of our placement counsellors are the same as those who have already qualified. In fact, placement counsellors are often more heavily supervised and held to a higher standard than a counsellor who has only just graduated but who is in no less need of continuing development support and guidance.

Placement Counsellors through our LifeWorks programme are expected to provide to same level of caring, empathic, confidential and efficacy-based counselling services for a range of presenting issues .

Our LifeWorks counselling support services are carried in 1-1 counseling, with an emphasis on strategies to improve outlook and change patterns of behavior , depending on the individuals' needs.

**Process**

Counselling is best when not just a one-off chat, although you might feel better after the first few meetings. Counselling is a process with a beginning, middle and end that is best passed through sequentially and consistently in order to achieve the best and most long-lasting results. A typical process can involve:

- Initial Interview and History-taking meeting
- Any beneficial or necessary Assessments
- Objective Goal Setting
- In-session Activities
- Inter-session Activities
- Learning how to carry on for yourself after we have achieved our initial goals
- Conclusions and agreeing how we will reconnect to maintain forward movement

**Sessions**

Sessions last for 50 minutes with the exception of the first meeting, which as an interview and information gathering process, may last for up to an hour and a half. Ideally meeting once a week can help to gain momentum and build on your strengths from week to week.

Depending on your goals, Counselling work together could last from between six to 12 weeks, and in some instances longer, but our aim is to always work towards an identified solution as efficiently and expediently as practicably possible.

**Interventions**

Our counsellors are trained and experienced in a number of therapeutic interventions and work to select the intervention that best suits the situation that presents itself with each unique enquiry.

Our Lifeworks supervised Placement Counsellors will have been trained in the tradition of CBT but most also have training and experience in one or more other modalities. Be sure to ask your therapist about the approach they intend to work through and make sure it feels right for you.

Some of the more evidence-based interventions commonly utilised by many counsellors, psychotherapists, psychologists, and social work oriented practitioners include:

Cognitive Behavioural Therapy	Motivational Interviewing	Appreciative Inquiry
Acceptance and Commitment Therapy	Brief/Solution Focused Therapy	Mindfulness Based Cognitive Therapy
Play Therapy	Bowen Family Systems	Hypnotherapy
Arts and Drama Therapy	Mindfulness Techniques	

**Topics for Counselling**

Counselling is suitable for a very broad range of topics and each counsellor will have additional specialist topics they work with as well such as trauma, identity, addictions or careers counselling. Below are a range of typical issues that come up for counselling, but there are many more that can successfully be supported in a counselling relationship.

Relationship	Grief/Loss	Weight Loss	Sadness
Motivation	Stress	Bullying	Anger Management
Self-Esteem	Self-Awareness	Self-Improvement	Self-Acceptance
Adjustment Issues	Exam Stress & Pressure	Sleep Hygiene	Academic/Learning Issues
Social Skills Training	Educational Guidance	Despair for the Future	Managing Health
Worry	Loneliness	Feelings of Rejection	Low Mood
Smoking Cessation	Depression	Sexual Identity	Assertiveness Training