



**COUNSELLING
CARERS**

Caring for Carers - Improving Lives

“Counselling Carers have transformed the way I feel about myself and how I interact with my daughter.”

Sarah, Counselling Carers Client

About Us

Counselling Carers provides high quality, specialist counselling and psychotherapy for those who look after the most vulnerable members of our society. As a social enterprise, we reinvest all our profits in making counselling as affordable as possible for carers. More than 90% of those who complete a course with us show an improvement in their mental health.

All our therapists are fully insured, registered with a professional body and receive regular clinical supervision. They all have personal lived experience of caring. We follow the BACP's Ethical Guidelines.

About Us



Our Vision

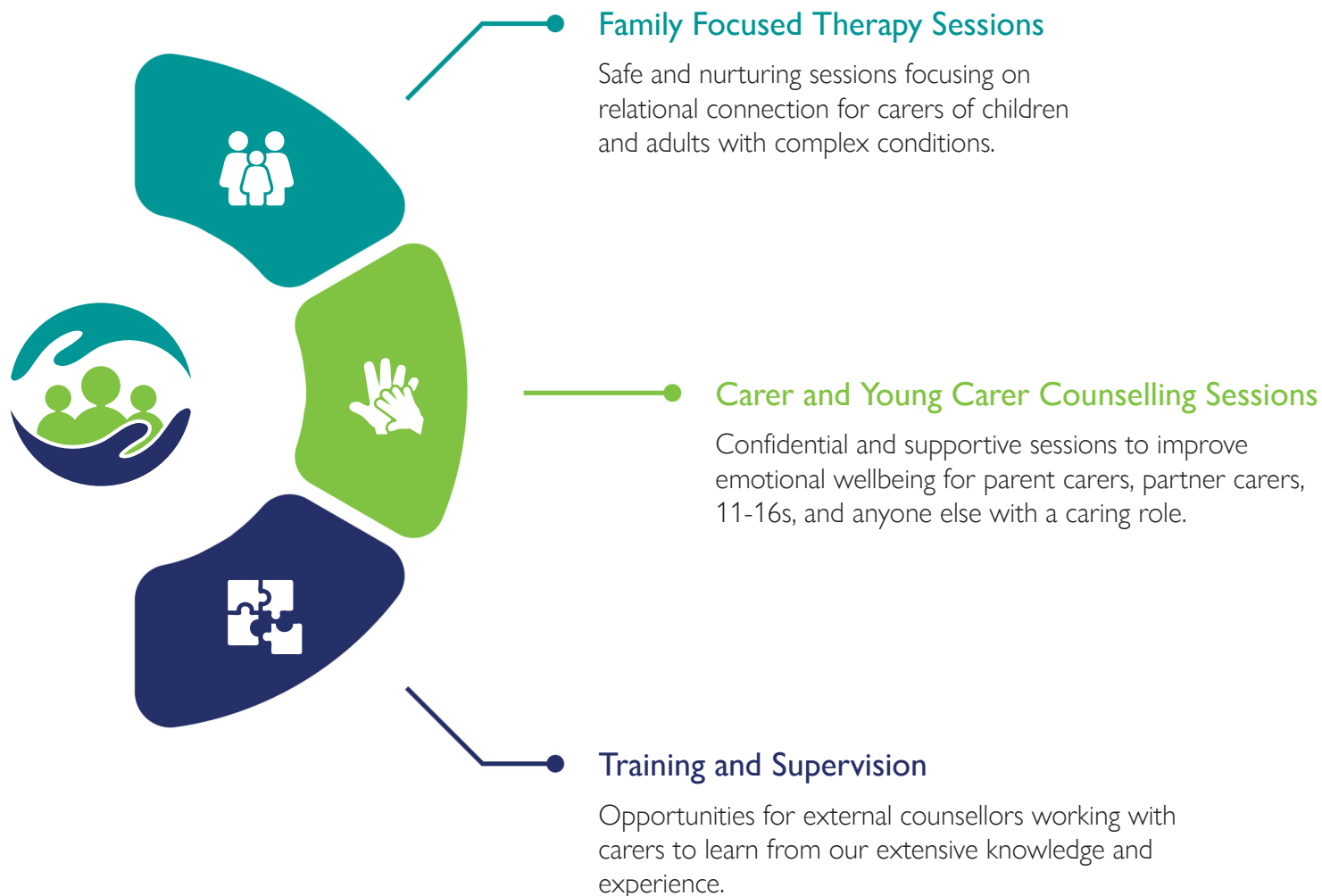
Improving the lives of the most vulnerable by caring for their carers.

We want to see the most vulnerable people in our society thriving, and to support those who care for them in this vital task.

There are 10 million carers in the UK, and in a society where the enormous pressure of caring and balancing work and other responsibilities leads to 4 in 5 carers feeling stressed and anxious, Counselling Carers creates space for carers to process their own feelings, find restoration and healing, and be empowered to be resilient.



What Counselling Carers Provides



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Family Focused Therapy Sessions

Our Family Focused Therapy Sessions are designed to support parents and carers of children and adults with complex conditions and are informed by Dyadic Developmental Psychotherapy, which is a trauma-informed therapy used where there is a significant impact on family dynamics. These sessions differ from our standard Carer Counselling Sessions in that their focus is on encouraging positive and meaningful interactions for families amidst the daily challenges of medical care and communication barriers.

Caring for a loved one brings unique emotional challenges, and these sessions provide a safe space to explore those feelings; strengthening relationships, improving communication, and helping families navigate the emotional impact of caregiving on their family relationships. Carers typically meet with their therapist weekly or fortnightly online for an hour over a course of around 20 sessions. Sessions can take place with individuals or couples and may sometimes include the person being cared for.

Carer & Young Carer Counselling Sessions

Carers who provide care for those with disabilities, trauma or chronic illnesses encounter a range of unique challenges that can impact their emotional well-being. Many experience feelings of isolation and loneliness, as their caregiving responsibilities often set them apart from their peers. The emotional complexities of this can lead to anxiety and depression, especially when they lack opportunities to express and process their feelings.

Our Carer and Young Carer Counselling Sessions provide a confidential and supportive environment where people can explore their experiences and emotions related to their caregiving role. Talking to a counsellor helps them to have space to process their own feelings, find restoration and healing, and be empowered to be resilient. Clients typically meet with their therapist weekly or fortnightly online for 50 minutes over a course of around 10 sessions. These are aimed at adults and children over the age of 11 who feel confident speaking to one of our therapists online.

Training and Supervision

Many counsellors work with carers without having lived experience of care themselves or training in the complexities of the role of a carer in society. We offer a range of training around different aspects of care and best-practice for therapists working with carers.

We also offer supervision, both in groups and individually, to counsellors who are working with carers within other organisations or in private practice. This gives them an opportunity to hone their practice and learn from others with significant experience and expertise in working therapeutically with carers.

Individual and group supervision sessions are typically held online for 60 minutes every month.

How Counselling Carers Have Helped



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I had been struggling with caring for my daughter, which was affecting our relationship. I am so pleased I gave counselling a go because it has transformed the way I feel about myself and how I interact with my daughter. Thank you, Counselling Carers, for all your help, I would not hesitate to recommend your services.

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My counsellor was empathetic and sympathetic, and I felt she understood the emotions unique to those in a caring role. I appreciated her insight and outlook, which have helped me to work through a lot of negative emotions. I feel the impact on my life has been positive, and I won't hesitate to contact Counselling Carers again.

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“

Counselling Carers has been an absolute godsend. I've never been good at seeking help or discussing my feelings, especially about relationships and my past. My counsellor's professionalism and caring manner put me at ease, making it easy to talk. She listened, gave really insightful feedback, and was extremely helpful.

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