

Key Facts

1. What do counsellors and psychotherapists do?

The term 'therapist' is used throughout the information to cover both counsellors & psychotherapists.

Therapists should:

- ➔ offer a safe, confidential place, where you can talk about yourself and your life, which may be painful or confusing and may make you feel uncomfortable, angry or unhappy
- ➔ offer an opportunity to think and talk about yourself and

your concerns in a way that you often can't do with family and friends

- ➔ offer a place and time which is just for you to talk about those things that bother you
- ➔ listen to the way you feel and how this affects you and others

- ➔ accept the way you are without judging you
- ➔ help you to make the changes you would like to happen
- ➔ work hard to create a good therapeutic relationship with you so that you can work well together
- ➔ understand that it is not always easy to talk about problems and to express your feelings
- ➔ work with you towards improving your well being
- ➔ may have information and resources to share with you

continued overleaf...





Therapists should not:

- ➔ offer to 'cure' you
- ➔ judge you
- ➔ make decisions for you
- ➔ take advantage of you in any way
- ➔ spend time talking about their problems
- ➔ inappropriately discuss what you and your therapist talk about with other people

Ethical Framework:

Members of the British Association for Counselling & Psychotherapy adhere to an *Ethical Framework* and the professional conduct procedure within it.

This can be found on the BACP website at: www.bacp.co.uk/ethical_framework

Information sheets:

BACP has produced some helpful *information sheets* which give a fuller explanation of what might be expected during therapy and these may be found on the BACP website at: www.bacp.co.uk/seeking_therapist

Or they can be sent out to you in a printed version on request.

Other helpful reading...

Key facts 1 – How can counsellors & psychotherapists help?

Key facts 2 – Qualifications of counsellors & psychotherapists

Key facts 3 – How do I choose a therapist?

Key facts 4 –

What happens in your first session with your therapist

Information sheet C2 – What are counselling & psychotherapy

Information sheet C3 – What to do if you are unhappy about your therapy

Information sheet C4 – Choosing a counsellor or psychotherapist

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