

# 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](http://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](http://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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