Dear parent/carer,

As part of our therapeutic offer at Bishopton, we can now offer eligible parents/carers, sessions of psychotherapeutic counselling with a year three/for Northern Guild trainee. This service is free of charge and can be accessed between 9am and 6pm. Appointments will be held away from the students in a dedicated therapy space.

The objective of psychotherapeutic counselling is:

To enable the clients to deal more positively with painful emotional issues

* To enable the client to achieve some level of congruence regarding thoughts, emotions and behaviours
* To enable the client to feel good about themselves
* To enable the client to accept their limitations and strengths and to feel OK about them.
* To enable the client to change behaviours which have negative consequences.
* To support the client in developing their resilience and promoting general wellbeing.

The sessions will be 50 minutes long and will follow the strict ethical boundaries demanded by the UKCP and the Northern Guild. Each counsellor has enhanced DBS clearance, malpractice insurance and is a registered data controller.

Parents/carers will be eligible for counselling as long as they are not receiving any other type of counselling. Previous counselling is not a barrier to taking part in this therapeutic offer.

For more information or an informal conversation about the offer, please contact Kate Dack [k.dack@tvc.ac.uk](mailto:k.dack@tvc.ac.uk) or on 01642 566369.

Yours faithfully,

Kate Dack

Mental Health Lead