



Carrs Lane Counselling Centre, Carrs Lane, Birmingham, B4 7SX

COUNSELLING MODEL STATEMENT

What we offer:

At Carrs Lane Counselling Centre our counsellors offer an adult counselling service that is underpinned by person centred values (Rogers, 1951) and is in keeping with the British Association For Counselling and Psychotherapy Ethical Framework for the Counselling Professions, which sets out standards of good practice (BACP, 2016). The approach we offer is relational, and in recognising the importance of the therapeutic alliance, we provide a compassionate, non-judgemental, real and empathic relationship to help our clients with the problems that they face.

We also recognise each of our clients as a unique individual person, with individual needs, and we may, where appropriate to do so, shape our counselling interventions with them by drawing upon aspects of other counselling models (for example: Gestalt, Psychodynamic or Cognitive Behavioural Therapy) to facilitate clients in the process of either acceptance or change in pursuance of their therapeutic goals.

Carrs Lane Counselling Centre has a multi-cultural workforce of volunteers and staff, and we seek to be flexible to the ever changing needs and diversity of the local multi-cultural community for whom we provide a service. We therefore offer a non-discriminatory counselling service that places great value on diversity and welcomes people from all faiths and none.

References:

British Association For Counselling And Psychotherapy (2016) *Ethical Framework for the Counselling Professions*. BACP. <http://www.bacp.co.uk/>

Rogers, C. R. (1951) *Client-Centered Therapy*, Constable, London.