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## WHAT WE DO IN A NUTSHELL

We are a registered charity based on Highgate Hill and are the longest serving counselling service in the UK.

We offer affordable counselling, train new counsellors and offer clinical placements in order to fulfil our mission, which is to offer help with emotional and relationship problems.

### **COUNSELLING:**

We provide a range of counselling services including:

- Individual short-term/long-term counselling
- Individual bereavement counselling
- Couples Counselling
- Family Counselling
- Group Counselling

If you wish to consider counselling with us, please call us on 020 8883 5427 to arrange an initial consultation. Alternatively, please fill in your contact information on our website and submit this to us. You are asked to provide a contribution to the Centre to cover the cost of your counselling. Please see the information provided on our website about the initial consultation, fees and registration.

### **TRAINING:**

We deliver a one year Certificate in Counselling Skills, which aims to provide students with the core skills to understand and apply the basic concepts of counselling together with the skills and knowledge required to facilitate a helping relationship. This course is part-time (one evening per week).

We also deliver a two year Diploma in Psychodynamic Counselling, which is accredited by the British Association for Counselling and Psychotherapy (BACP). The course focuses on three specific areas:

- psychodynamic theory and concepts
- counselling skills practice
- self-awareness and personal development

This course is supported by supervised clinical work, which is normally undertaken at Highgate Counselling Centre (HCC). Students are required to attend the course on two evenings per week.

For further information about the training courses we provide, please visit our website. Alternatively, please contact our Training Manager, Kevin Hamilton on 020 8883 5427 or email him at [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk).