

Counselling Contracts at

mankind

What we mean

A counselling contract refers to the number of counselling sessions that you attend. This is agreed before counselling begins and in your first session you and your counsellor will agree how best to structure the time you have together.

What we do

At Mankind we offer a number of different counselling contracts that are detailed below with information on how they can be used. Please take some time to consider which would be best for you. You will have the opportunity to discuss this further at an initial meeting with our senior counsellor who will also be able to advise on which contract would be most appropriate for you.

How we do it

You can undertake as many separate contracts as you wish over any period of time. However we do advise that you take a break in between contracts to allow the work you have undertaken to be incorporated into your daily life. Counselling can have a very powerful effect, especially when dealing with traumatic incidents from the past. This can take time and unfortunately there are no 'quick fixes' this is why we recommend that you do not try to deal with everything at once.

12 Week Contract - *a one hour session at the same time every week for 12 weeks*

This contract is a good way to try out counselling if you have never had any counselling before or you want to focus on a specific issue for a set period of time. 12 weeks can enable a thorough exploration and produce insight into your issues and decisions on how you would like to move forward.

This is also a good contract if you think there may be some problems with attending regular sessions for a long period of time. We advise that a minimum 6 week break be taken before commencing another contract after undertaking a 12 week contract.

6 Month Contract - *a one hour session at the same time every week for 26 weeks*

This contract is good if you feel that 12 weeks is not long enough for you to address your concerns and difficulties. 26 weeks can enable a more in depth exploration of issues and allow a deeper insight into how the past has affected you and others around you. We advise that a minimum 12 week break be taken before commencing another contract after undertaking a 6 month contract

9 Month Contract - *a one hour session at the same time every week for 40 weeks*

This contract is for those that feel they wish to commit to a longer period of counselling and are ready to undertake a major piece of work in an effort to resolve their issues. It is also good for those that do not have a clear recollection of the past and need to spend some time working out what did happen and how it has affected them and others around them. We advise that a minimum 12 week break be taken after undertaking a 9 month contract.

What you should consider

The thought of going to see a counsellor and talking about your difficulties can be scary. When thinking about counselling it may be useful to consider what aspect seems the most important thing to focus on at the moment. Sometimes the whole thing can just seem too big and overwhelming:

What one or two things need to change in order for you to feel more satisfied with your current life situation?

What do you feel needs to happen in order for these changes to occur?

Counselling is often referred to as a journey, breaking things down into more manageable goals can help identify a suitable path for you. With the counsellor as your guide, this will enable and focus your mind on the smaller parts that make up the bigger picture.

You do not need to come up with any definite answers at this stage, the idea is to give you a starting point, somewhere to begin.

Therapeutic Groups - *a two hour group session at the same time every week for 12 weeks*

Groups are good for those that want to hear how others have coped with similar experiences and relieve their own sense of isolation. For those looking for an alternative to traditional talking therapies, creative groups use means such as imagery, objects, art and writing to explore other ways of expressing yourself and telling your story. We advise that those wishing to join a group have undertaken some previous 1-1 counselling.

Couple Counselling

Available in the same length contract as 1-1, couple counselling is an opportunity to talk and listen to each other in a structured setting. This is good for couples that want to gain an understanding of how the Sexual abuse/assault has had an impact on relationships and intimacy.

1-1 Counselling for partners, family and friends

Available in the same length contracts as 1-1, this is good for those that are supporting a man who has experienced sexual abuse/assault. Listening and helping others with their problems can be stressful and it is important that you have somewhere to share your own concerns and get some support of your own.