

Can you help us?

As a team we are committed and passionate about our work, but the harsh reality is we do need financial support so that we can continue to offer a counselling service that changes and saves lives.



Please scan the QR code to donate

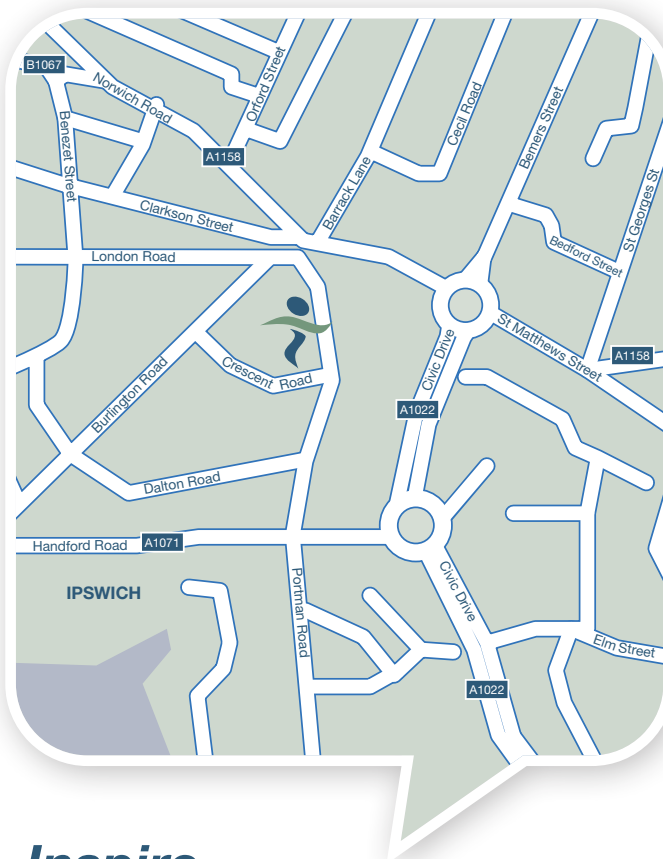
Please could you consider supporting our counselling service?

There are a variety of ways that you could support the work we do. Please consider the following ways of how you can support us:

- Prayer
- Financial donations
- Fundraising activities
- Volunteering

All **financial donations** are placed into our Bursary Fund (unless specified for a particular project), which is used to support those who cannot afford counselling. The money will be used to top up the costs of counselling for those clients who cannot afford the full cost of a session.

The Bursary Fund is instrumental in the work we do within our local community and surrounding areas and upholds our strong belief that counselling should be available and accessible to those who need it, regardless of their ability to pay. It is our aim never to turn away clients based upon their inability to pay the full cost for their counselling sessions. The Bursary Fund increases accessibility and availability to counselling to those who otherwise would not be able to afford it.



Inspire Counselling & Training

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www.inspirecounselling.org.uk

Limited Parking Available



enabling
change
and
growth

Professional,
low-cost counselling
Training
Supervision

www.inspirecounselling.org.uk

Who We Are

Established in 1993 *Inspire* Counselling & Training is a registered charity based in Ipswich. We are a Christian initiative dedicated to providing a counselling service, training and supervision.

Our services are available to people regardless of gender, race, ethnicity, sexual orientation, ability or faith. *Inspire* has no denominational or political affiliations.

Our Purpose

We believe that counselling should be available to all those who need it, regardless of their ability to pay the full cost. We aim to empower individuals, by enabling change and growth through accessible counselling and training.

Our purpose is at the core of our aims and objectives, strengthening our resolve as a team to work collaboratively to equip and support our local community and surrounding areas through accessible counselling and training.

General Information

Inspire is registered with the Charity Commission, No. 1068491. We are organisational members of BACP (British Association for Counselling and Psychotherapy) and ACC (Association of Christians in Counselling and Linked Professions).

Our brochure offers a summary of our services. Please visit our website for further information or contact us directly.

Counselling

Inspire is dedicated to providing a low-cost, professional, caring, safe and confidential counselling service. All our counsellors are professionally trained and supervised, offering a variety of counselling approaches to individuals and couples, aged 18 years and over. We offer face to face, online and telephone sessions. Counselling sessions last 50 – 60 minutes.

At *Inspire* we offer a secure space in which to explore personal difficulties and feelings; you will not be judged or given advice. We aim to work with your agenda. We do not raise issues of faith; however, we are able to incorporate that dimension into the counselling should you choose to discuss such matters.

At your initial assessment, you will be given the opportunity to meet us and talk through your situation and your desired outcome. Following on from your assessment, you will be offered some counselling sessions. We aim to work to the optimal number of sessions that you might require, given the situation and the difficulties you present. *Please note, that due to the high demand on our services, we often have to manage a waiting list.*

Quotes from clients:

“Counselling has given me my life back.”

“Thank you to a lovely counsellor and team. We will continue to recommend your service. Thank you to all who enable people like me to afford professional counselling – a truly life-changing, life-saving provision.”

Supervision

We offer both counselling supervision and pastoral supervision. All our supervisors hold a supervision qualification, either to diploma level or equivalent and have several years of counselling experience.

Our supervision service endeavours to enhance the practice of all supervisees through the trusting, supportive and confidential relationship of our supervisors.

We offer clinical and managerial supervision to practicing counsellors, together with ‘supervision for supervision’ to those already working as supervisors.

Pastoral and helping work can be extremely demanding, and our service provides invaluable regular support to ensure safe and effective practice.

Training

Our diverse and established training service offers an opportunity for individuals in various settings to develop and enhance their skills and knowledge.

Our Continuing Professional Development (CPD) programme aims to deliver current, relevant, inspiring and unique face-to-face workshops. As we aim to work collaboratively with all of those in caring settings, other training events to support your work may be possible. Please contact us as we are always happy to explore your individual requirements.

Our face-to-face learning provides enhanced social interaction and engagement which offers benefits that empowers learning and development.