



# Summer Newsletter



## Who is Counselling For?

### Inside this issue:

<i>Who is Counselling For?</i>	1
<i>Some Facts and Figures</i>	1
<i>Will you be our Friend?</i>	2
<i>Mind the Gap</i>	2
<i>The Value of Personal Counselling</i>	2

**“Counselling is for people knocked over by something” says the Sojourners website** (<http://www.christiancounselling.org.uk/Christian-Counselling.htm>).

That expresses very well how many people feel when life deals one of its sudden blows — redundancy, relationship breakdown, divorce, bereavement, illness, failure. Equally, someone may

have been struggling with a problem for some time, perhaps even for years - a sense of worthlessness or inferiority, loneliness, periods of depression and low mood, chronic anxiety, panic attacks, outbursts of rage, spiralling stress levels, unhealthy addictions, disillusionment with life, unsatisfactory relationships, or any one of a host of other problems.

The likelihood is that most of us at some point or other in our lives will need

the help and support of a counsellor.

Just as when we feel ill we seek the help of a doctor, or if there is a problem with our car we take it to a garage, so when emotional problems are troubling us, we need to seek the help of someone professionally trained in that field.

Olive Branch Counselling exists to meet this need, for all adults in the Chippenham and North Wiltshire area.

## Some Facts and Figures

In the 2008 calendar year, the counsellors at Olive Branch helped a total of 34 clients. There were 29 assessments, of whom 24 became clients during the year.

434 counselling sessions were conducted. The

number of sessions that each client had ranged from 2 to 41. March and July were our busiest months with the largest number of sessions conducted at those times. August and December saw the least number of sessions.

There has been a significant increase in the number of clients coming to us for assessment in the past six months, and we are now open for counselling on four days each week.

These statistics are a good indication of the continu-

### Special points of interest:

- 434 counselling sessions were conducted in 2008
- 29 assessments took place
- 34 clients were counselled
- We are now open four days a week

## Will you be our

Olive Branch’s ongoing financial needs are pressing, just as they are for all voluntary organisations in these difficult economic circumstances.

A small local charity such as ours can only expect to receive support from local peo-

ple, unlike national charities which can appeal to the entire population for funding.

We would like individuals and churches to consider becoming a Friend of Olive Branch within the next year.

Our Friends are kept informed of our activities through regular newsletters and occasional social events, as well as being invited to our AGM in November.

We hope that you will consider supporting us in this way.

If you would like to know more, please call us on 01249 443810.

## Mind the Gap



*"I am the Vine, you are the branches. If a man remains in me and I in him he will bear much fruit; apart from me you can do nothing."  
John 15:5*

**"Through counselling, I am learning so much about myself that I could not achieve just through thinking or reading"**

Olive Branch fills a vital gap in the provision of psychological therapy in Chippenham, between the short-term help accessed through most GP surgeries, and the longer-term but more costly therapy offered by private counsellors.

This gap is filled in two main ways:

◇ There is **no time limit** on the counselling we offer—those needing

help can continue to see their counsellor until they feel ready to cope on their own again.

◇ To pay for the service **we ask for contributions** at a level that each individual can afford—no one is turned away because of their financial circumstances.

All of our counsellors have undergone professional training over a number of years, and that training

continues through regular workshops and training events.

Several of our counsellors will be participating in a short training course this month which provides an introduction to couples counselling.

This will further enhance and develop the service we can offer to our clients.

## The Value of Personal Counselling

When I was told that I had to have twelve hours of personal counselling as part of my counselling diploma course, I was somewhat perturbed.

After all, I am a relatively experienced counsellor and had dealt with my 'stuff' whilst studying for my certificate. However, I reluctantly made my first appointment.

As I had no real issues, I decided that the best strategy was to relate my life history to my counsellor, hoping that this would fill the necessary twelve hours.

My counsellor listened attentively as I related memories of my early childhood. I was surprised however when she intervened even before I

had reached my fifth birthday.

What I had not realised was that when you talk to a complete stranger, particularly one who is a trained counsellor, he or she sees your life in a completely different way to the way that you or those close to you see it.

Almost immediately, my counsellor offered a valuable insight into the way that my early childhood has influenced much of my adult life, and still does.

Through counselling, I am learning so much about myself that I could not possibly achieve just through deep thinking or reading.

I believe that my experience is developing me both as a

counsellor and as a person. I may not have any issues, but I have discovered several blind spots, as well as some latent personal qualities that could be useful when developed.

So do not be afraid of personal counselling. There are aspects of ourselves that we can only discover in the presence of someone who can see our life objectively.

Incidentally, after five hours of counselling I am still discovering myself, and in relating my life story I have only reached my thirtieth birthday.

Geoff  
(Olive Branch Counsellor)



WE'RE ON THE WEB!  
WWW.OLIVEBRANCHCOUNSELLING.ORG.UK

Olive Branch Counselling

Tel: 01249 443810  
Email: olivebranch89@tiscali.co.uk

57a New Road  
Chippenham  
Wiltshire  
SN15 1ES