

## Training and professional courses

**CATALYST COUNSELLING** offers the following:

- Introduction to Listening and Counselling Skills
- Certificate in Psychodynamic Counselling Skills
- Clinical Diploma in Psychodynamic Counselling
- Advanced Certificate in Psychodynamic Theory and Practice
- CPD Workshops and Short Courses
- Conferences

For Further information about our training and CPD opportunities or to enquire about how what we offer might be of benefit to your organisation or agency, please phone us or email [training@catalyst-wcs.org.uk](mailto:training@catalyst-wcs.org.uk)

## CONTACT US

### CATALYST COUNSELLING CIC

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[www.catalyst-wcs.org.uk](http://www.catalyst-wcs.org.uk)

# Need someone to talk to?

NOT COPING  
ABUSE  
LONELINESS  
STRESSED  
ADDICTIONS  
SELF-ESTEEM  
BEREAVED  
DEPRESSED  
SELF-HARM  
SEXUAL ABUSE  
OVERWHELMED  
SEXUALITY LOSS  
SLEEP TRAUMA  
RELATIONSHIPS  
CONFIDENCE  
ANXIOUS  
ANGER EATING

BACP membership no. 101953

Company no. 8894088

UK Register of Learning Providers no. 10058037



## About us:

At Catalyst we provide affordable counselling and talking therapies for adults, couples and young adults, which we are able to offer at a number of venues in the Waveney and Great Yarmouth areas. Many clients report that their lives have been transformed by the counselling we provided.

## How counselling can help

A skilled counsellor will listen and help you understand how past experiences, worries about the present and future may be affecting your life. Together, we can think about what may be happening to you in your life and look at how you feel about yourself and others. Your counsellor will not tell you what to do or give advice but will help you think about and decide what may be right for you.

## Services we provide

- **Time-limited counselling**  
(usually 6 to 12 sessions)
- **Open-ended counselling**  
(for as long as you feel you need it)
- **Dynamic Interpersonal Therapy**  
(16 sessions)
- **CBT and cognitive-based approaches**
- **Couples counselling**
- **Employee assistance counselling**
- **Training for therapists**
- **Supervision and staff support for clinicians and other professionals**

## How much will it cost?

**CATALYST COUNSELLING** is a not for profit social enterprise committed to offering accessible counselling based on what you can realistically afford. This means that we do not exclude people who cannot afford the full cost of counselling. During your first appointment (the initial assessment), we will have opportunity to discuss how much you are able to pay for your ongoing sessions and agree a fee that takes into account your financial circumstances.

## How to make an appointment

You can contact us directly yourself - you do not need to be referred. Simply call us on 01502 516957, ideally between 9.30 am and 1.30 pm weekdays. At other times, leave a message and your contact details and we will aim to get back to you by the end of the next working day. If you prefer, you can email us for an appointment and we will again get back to you by the end of the next working day.

**"I couldn't see how counselling could help, but this has been a completely life changing experience – I feel as if I'm really free now"**

## Initial assessment

Your first appointment will be an assessment. This can last up to 90 minutes and may take place over two sessions. We will explore with you your needs and expectations, and whether the service we offer can help you. Ongoing counselling sessions then take place weekly and last 50 minutes.

## How long will I have to wait?

We will aim to start your counselling as soon as possible after your assessment. It is helpful if you are able to be as flexible as possible about your times of availability.

## Confidentiality and good practice

Catalyst provides a confidential setting where you are free to talk safely and openly, without fear, blame or rejection. All counsellors are supported and appraised by Catalyst which works within the ethical framework of the British Association of Counselling and Psychotherapy.

**"This is one of the best things I have ever done for myself – I highly recommend Catalyst to anyone"**

