

Talk to our counsellor

About our counselling service

 **BRAIN TUMOUR
SUPPORT**
Supporting you...



What is counselling?

Counselling is a talking therapy. A trained counsellor listens to you and helps you find ways to deal with emotional issues.

Counselling should:

- Help you resolve complicated feelings, or find ways to live with them
- Help you make sense of things and understand yourself better
- Help you recognise unhelpful behaviours and find ways to change them (if you want to)
- Help you feel empowered and able to find your own solutions to problems

Can talking really help?

Yes. Talking to a counsellor enables you to speak with absolute honesty, to explore a complex range of feelings and voice things you may rather not share with friends and family. Working through emotional pain can help you to see things more clearly and work out how to cope better.

What can it help with?

Counselling can help with any aspect of a brain tumour journey, including anxiety, shock on diagnosis, a sense of loss and adapting to change, feeling a change or loss of identity, end of life, and bereavement.

What counselling isn't

Your counsellor won't tell you what to do and they cannot magic the pain away. They may make suggestions, but it is your decision to act on them.

The difference between a counsellor and a Support Professional

While Brain Tumour Support Professionals also give emotional support, counselling is for people who feel they need a more focussed and concentrated level of support. You can still always contact your Support Professional.

How does it work?

Counselling takes place over the telephone, Zoom, Teams or FaceTime. It is best to be in a comfortable and private place where you won't be interrupted. Counselling can be tiring, so plan that in to your day when you have a session.

[Read more...](#)

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How long does it take?

We offer up to six sessions of counselling, each lasting an hour. Our counsellors understand how difficult life can be with a brain tumour, so they are flexible, enabling you to book times to fit around your commitments.

How much does it cost?

Our counselling service is free to you. Sessions are paid for using donations made to the charity. This is why it is so important that you don't miss sessions as a missed session is a wasted donation, and a missed opportunity for another person who needs it. If you miss a session, that session is still counted as one of your sessions.

How do I get counselling?

Contact us to find out more, or talk to your Support Professional about whether counselling is the right thing for you at this time. If it is, a referral to counselling will be made for you. The counsellor will contact you and together you will agree the best times for your sessions.

Is it right for me?

The working relationship between you and the counsellor must feel right. It may be that you find that our counsellor is not the best fit for you. Don't worry, as this can happen. If you change your mind about counselling, we will understand, but please do let us know so we can offer your sessions to another person.

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*‘A life line’
is how I would describe
the counselling service.
It is a relief to speak to an
independent person, as you can
talk about issues that you
would find difficult to
discuss with family
and friends.*

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**We are here
to help you**



Contact us: 01454 422701
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