The Counselling Service

at Hopwood Hall College & University Centre

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What is counselling?

Counselling offers a safe and confidential space where you can share any burdens or causes of distress that you might be experiencing.

It gives you the opportunity to share feelings and emotions such as shame, guilt, jealousy, grief, anger, worry and low mood.

Counselling can also help you to understand yourself better. For example, many people gain insights into their thought processes and behaviours. This often leads to them feeling happier and having more positive relationships with family and friends.

Our counsellors are all friendly and welcoming and are trained to help you process any difficulties that you might be having.

Types of counselling

There are many different types of counselling. The main approach we use at Hopwood Hall College is called 'person-centred' counselling. This means that you decide what you would like the outcomes of therapy to be as well as the focus of each counselling session. Person-centred counsellors believe that 'the client is the best expert on themselves.'

This means that the counsellor will not tell you what to do or give you direct advice. Instead, clients build trust in themselves and their own capacity to make decisions. Our counsellors are non-judgemental so you can feel comfortable talking to them about anything that is on your mind.

Another type of counselling that can be offered in college is called Cognitive Behavioural Therapy (CBT). This approach is more solution focused and examines the link between core beliefs, thoughts, emotions, behaviours and physiological states and can help clients work on a specific goal. This can be particularly useful where there is a specific anxiety or depression related goal that a client would like to address.

How to access the counselling service

To refer yourself for counselling, you can either attend one of the drop-in sessions with the counsellor (times listed in this leaflet), or you can see your Pastoral Wellbeing Mentor (your tutor can let you know which one is responsible for your course area).

Your Pastoral Wellbeing Mentor is always the first port of call for any emotional needs, but they can complete a referral for counselling with you if they feel it would be appropriate after discussion with you.

If you are offered counselling at Hopwood Hall, you would usually be offered six sessions of therapy. You do not need to use all sessions, it is up to you how many you need, but six is the maximum offered at present. These sessions would take place at the same time every week, to fit with your timetable as much as possible, and you will be sent reminder messages on the day of your sessions.

Drop in sessions with the counsellor

Drop in sessions are available at the following times, where you can meet and talk with the counsellor about what is on offer with counselling at Hopwood Hall:

Middleton Campus:
Monday, Tuesday, Thursday
(12:30 - 1:30pm) in HW27

Rochdale Campus:
Wednesday, Friday
(12pm - 1pm) in BG06a

What else does the counselling service offer?

In addition to a block of counselling sessions, the counselling service offers the following:

- Drop in sessions with the counsellor every day of the week at lunchtime: on Mondays, Tuesdays and Thursdays these are at Middleton Campus (HW27), and on Wednesday and Fridays these are at Rochdale Campus (BG06a)
- Psychoeducation workshops on demand (sign up via the QR code on posters in the pastoral rooms or come to a drop in to sign up)
- Self-help booklets on a range of topics: anger, anxiety, depression, grief, sleep, and trauma. Come to HW27 or BG06a to collect one, or see your Pastoral Wellbeing Mentor
- Creative therapy groups
- Mindfulness workshops

Confidentiality

Counsellors at Hopwood Hall are all registered members of the BACP (British Association of Counsellors and Psychotherapists) and placement counsellors are all student members of the same professional body.

As a result of this, we adhere to the principles of the BACP ethical framework. One such principle to bear in mind is confidentiality.

We keep all client work completely confidential, though there are a few exceptions to this. We have a duty of care to keep you safe, so if you were to share anything in sessions that would lead your counsellor to feel you were at risk to yourself or someone else, or if you shared that you were involved in any criminal activity, the counsellor may share this information with a member of the Safeguarding team in a sensitive way and would always endeavour to first speak with you about sharing this information.

Subsequent disclosure of confidential information will be restricted to those people who may be able to help you or the situation. The counsellor will use his or her professional judgment in all cases and have recourse to supervision.

Contact us:
Attend a drop in or email:
counselling@hopwood.ac.uk
for further information.

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