

longer. We can normally work with people for up to 18 months and for longer when it is helpful to do so. It's important to try to attend all your appointments for the therapy to be helpful to you.

How do I access counselling?

You can access the service by:

- **Phoning** 0141 286-4475; or
- **Sending a text** to 07394921754; or
- **Emailing** thefolantrust@gmail.com or
- If you have a **worker** supporting you, asking them to refer you by visiting our website at <https://www.thefolantrust.org/how-to-refer> .

Once we receive contact from you or your worker, we will be in touch to respond to you. Because demand for this type of service is high and because we work with people for over significant periods of time, it may be that we will not be able to offer you a service immediately.

Once we can offer you an initial appointment, we will arrange this. At this appointment, you can ask whatever questions that you might have re counselling. You can think together with the therapist that you see if coming for sessions might be helpful to you and for how long it may help to do so.

Should you wish to discuss making a referral, please contact us by telephone or email using the contact details above.



THE FOLAN TRUST
**Counselling for people with
experience of homelessness**



Are there particular things that continue to trouble you that you might not speak about?

The Folan Trust offers one-to-one counselling at a discrete venue in Glasgow City Centre to people who are homeless or who have experienced homelessness in the past.

Counselling offers an opportunity to talk about whatever matters most to you and to be supported in working through your thoughts and feelings by an experienced therapist who is trained to listen to and help people who may have experienced trauma.

Who is eligible for the service?

The service is for adults who have experience of being homeless. This includes sleeping rough, sofa surfing, staying in a night shelter, hostel, B&B or any other form of temporary accommodation including a temporary furnished flat.

Why Come for Counselling?

There are many different reasons why a person might come for counselling. Perhaps you feel anxious or depressed and depend on something that might be harmful to you as a way of coping. Maybe you feel isolated and experience difficulties in making and maintaining relationships. It could be that you find yourself continuing to be affected by the past, particularly anything traumatic that may have happened, or that you have little belief in yourself and find it hard to make sense of your life.

Painful experiences often produce intense feelings in us that are very difficult to manage. We can often avoid or unconsciously push these feelings out of awareness in order to cope. Counselling can provide an opportunity to better understand and begin to come to terms with what is still painful in us so that it troubles us less in future.

What type of counselling will I be receiving?

Our counsellors are fully qualified and registered or accredited with the British Association for Counselling & Psychotherapy. They offer Psychodynamic Therapy which is aimed at helping you to talk about and look at your

present problems to help you to make sense of them. Sometimes, this will involve looking at the links between present and past experience. The therapist tries to help you understand your difficulties better. Symptoms can begin to very gradually fade away as the tension driving them is resolved.

Your counsellor may also encourage you to mentalise - or to step back and reflect on how you think about yourself and others and how you understand others' ways of thinking and behaving towards you. This can help you to better understand yourself and others and cope better with powerful feelings that you may experience in your life.

What about confidentiality?

What you discuss with the counsellor that you work with is confidential. The main exception to this is where there is a perceived danger to yourself or others. In such cases, we would endeavour as far as possible to first discuss with you the question of contacting your GP or another professional as appropriate in ensuring our duty of care.

How long will I come for counselling for?

Sessions usually last 50 minutes. Most clients see their therapist once a week at a regular time. At the first session with your counsellor, you will agree together a length of time for the therapy to last depending on your needs. This can be reviewed at any stage. Some people come for only a short time, but the option will usually be there to come for