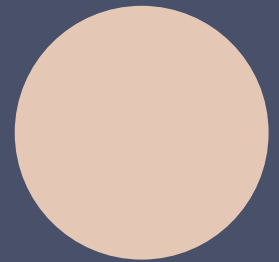
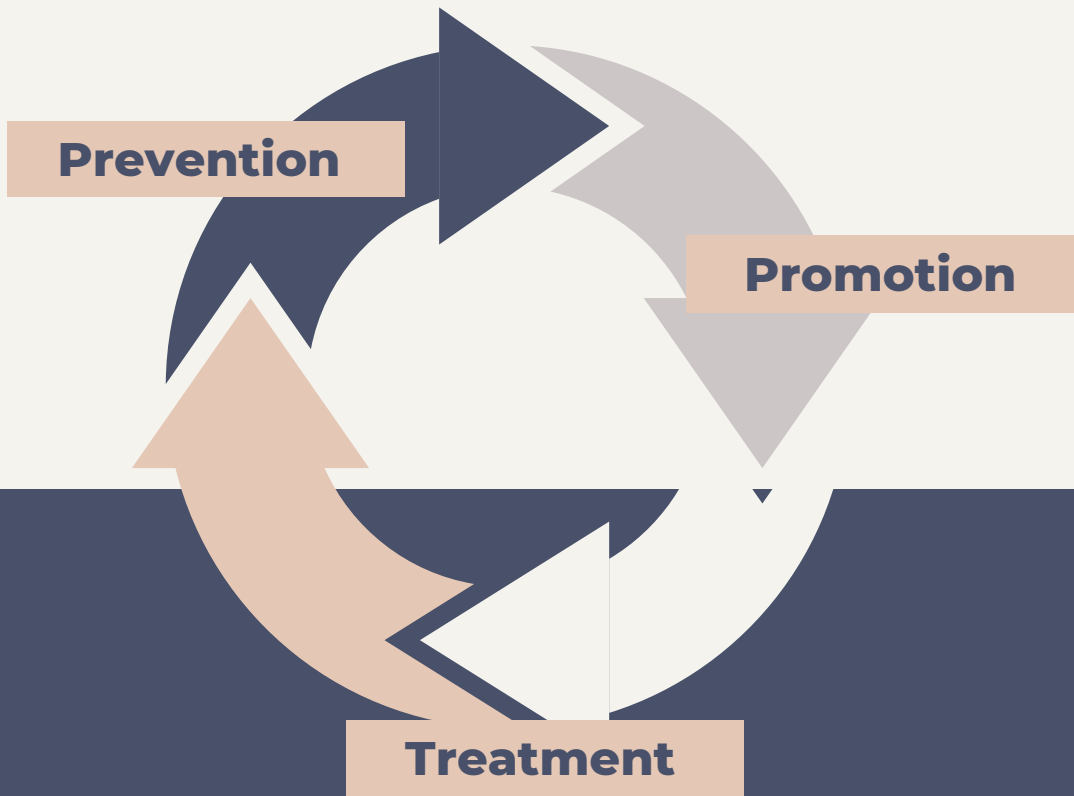




HOPE THERAPY  
& COUNSELLING SERVICES

BE YOUR BEST SELF



# MENTAL HEALTH AND STUDENT WELLBEING



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# BACKGROUND

1 in 6 people in the past week have experienced a common mental health problem (McManus et al., 2016). We all know someone who is struggling with poor mental health. This may be ourselves, a family member, a colleague or even a celebrity.

Mental health affects everybody. We all have times where we have experienced feelings of stress, anxiety and low mood. For some, these feelings pass. However, increasingly, we are seeing the development of these feelings into more serious mental health problems.

The best way to combat and challenge mental health problems is to talk. By talking about your feelings, fears and issues you are taking charge of your wellbeing and making positive decisions for your own health.



The coronavirus pandemic has pushed the conversation around mental health to the forefront of many agendas. From the global political sphere, to the NHS, to conversations in our family homes.

The 'invisible' side-effects of Covid have had very real and visible implications for our mental health. It has forced many of us to confront grief, unemployment, economic uncertainty and loneliness. With rates of poor psychological health rising at a concerning rate, healthcare needs to be more accessible than ever.

  
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# WHO ARE HOPE THERAPY?

Hope Therapy is a select professional body of counsellors, psychotherapists and other practitioners. We are a mental health and wellbeing organisation providing high-quality care, counselling and therapeutic support.

We offer support to and work with individuals, students, couples and families from all backgrounds. Working with issues from the aftershock of a unique and traumatic event, through to the personal crisis of identity, feelings of loneliness and isolation, challenges within a relationship or feelings of anxiety, panic, anger or depression.

Due to the vast range of our team, we cover various locations, so we hope to be able to support you in a face-to-face capacity, wherever you are. However, due to the advancement in online therapies, we are also able to offer our services online via platforms such as zoom, teams and facetime.

## We support those experiencing:

- ▶ Anger management and conflict,
- ▶ Stress and anxiety,
- ▶ Bereavement and grief,
- ▶ Bullying,
- ▶ Low mood and depression,
- ▶ Emotional overeating and food issues,
- ▶ Imposter syndrome,
- ▶ Insomnia,
- ▶ PTSD and trauma,
- ▶ Loneliness and isolation,
- ▶ Relationship counselling,
- ▶ Self-esteem and Confidence.



# STUDENT COUNSELLING



In the academic year of 2020/2021, a recorded 2.66 million students attended a UK higher education institution. Applicant numbers have only grown in recent years, and with the increase of university students there has also been a surge in the amount of postgraduate students experiencing mental health issues. In addition to the standard stresses of a university student, such as tuition fees and isolation from family, the COVID-19 pandemic, increasing cost-of-living crisis and international conflict have all resulted in a global increase of recorded presentations of depression and anxiety.

With data showing that the rates of depression are soaring in children as young as 12, we at Hope take student's mental health very seriously. Student counselling works to help young individuals to address the personal and emotional problems that they are experiencing.

Through counselling, students will be given support in dealing with a variety of emotional and psychological challenges. These challenges may be having a direct impact on your physical and mental health, your performance in school and your friendships/relationships.

We also recognise that students may have specific requests from their counsellor.

Whether that be based on their background, gender or speciality. We have a vast range of counsellors for this exact reason.

We will work with the student to help them find a counsellor who best reflects their needs and is able to support them in the best way possible.

# COUNSELLING SUPPORT



## WHAT IS COUNSELLING

### 01.

Counselling provides a space in which you can explore the issues that are affecting you in a safe, supportive and non-judgmental space.

It can help you to process your emotions, as well as develop coping strategies to look after your mental health.

## WHAT CAN COUNSELLING HELP WITH?

### 02.

An individual might visit a counsellor for a variety of reasons. This could be from experiencing a life-changing and traumatic event that has resulted in shock, guilt or grief. Alternatively, a person may be experiencing feelings of anxiety, depression or challenges within a significant relationship that may be proving difficult for them to manage.

## WHAT CAN COUNSELLING DO?

### 03.

Extreme feelings such as anger, shame, guilt, sadness or loneliness may be affecting your daily life and your ability to perform effectively in everyday tasks, at work or whilst studying.

Counselling can not only help you to accept your feelings, but also make sense of the them and help you work towards becoming the best version of yourself.

# COGNITIVE BEHAVIOURAL THERAPY

## WHAT IS CBT?

CBT is a form of therapy that looks at how we think about a situation and how this affects the way we act. In turn, our actions can affect how we think and feel.

This is done through talking through and working to challenge your automatic beliefs, attitudes and thoughts.



## WHAT CAN WE OFFER?

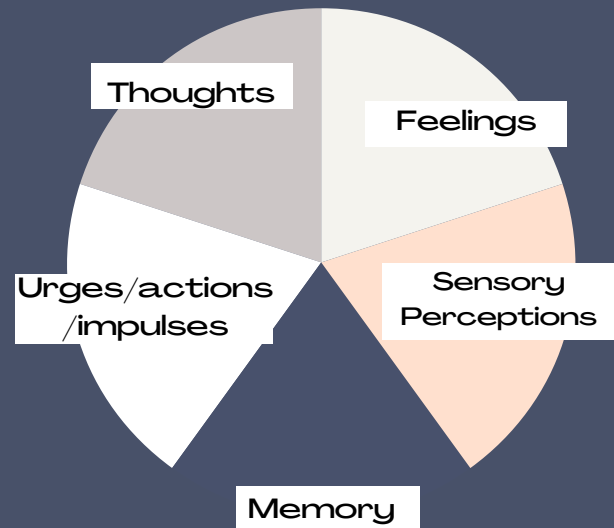
We are able to offer CBT, either as a blended service alongside a more counselling based approach, or as a standalone focused service, depending on which is most suitable for the individual.

Our therapists will work with you in changing your behaviours, your thinking patterns, or both. This work will happen at your pace and you and your counsellor will only challenge thoughts and beliefs that you are ready to face.

The National Institute of Clinical and Health Care Excellence (NICE) recommends a Cognitive Behaviour Therapy based approach for working with a variety of psychological issues, ranging from anxiety through to depression.

# MINDFULNESS BASED COGNITIVE THERAPY (MBCT)

Mindfulness is a way of simply just being - being present, being focused, and patterns of thoughts and behaviour.



Mindfulness helps us to focus and see clearly whatever is going on in our lives at any given point. It will not eliminate the pressures that we encounter in life but can help us react in a calmer and more balanced manner that can benefit us holistically. It helps us recognise regular and repeated patterns of thinking, often unconscious and make conscious decisions to change them.

## Change of experience is possible

### E X P E R I E N C E

Hope Therapy is able to offer 8-week group sessions, that integrate Mindfulness Training with Cognitive Behavioural Therapy. Participants can either join when the next programme starts, or we are able to offer group sessions within an organisational setting, subject to demand.

Mindfulness-Based Cognitive Therapy (MBCT) is endorsed by NICE for Depression sufferers and is also widely used in treating Stress Management and Anxiety.

# CBT- On Demand



CBT on demand are a range of evidence-based CBT programmes. These programmes are designed to replicate the areas that actual CBT sessions would cover.

The programmes are designed to last a minimum of 6 weeks, but you can take up to twelve. It is a personal experience, in which you can view the lessons at your own convenience and pace.

The benefit of CBT-on demand is that you can take your time working through the home practice exercises. But, you are not on your own. As you work your way through the weekly online sessions, you have your own fully qualified member of the Hope Therapy team to support you.

We provide 24/7 e-learning, a platform to transform your knowledge and start your healing journey.



## Our courses include:

- ▶ CBT for Generalised Anxiety Disorder,
- ▶ CBT for Health Anxiety,
- ▶ CBT for Managing Insomnia,
- ▶ CBT for Obsessive-Compulsive Disorder,
- ▶ CBT for Panic Disorder,
- ▶ CBT for Social Anxiety,
- ▶ CBT for Student Wellbeing,
- ▶ Mindfulness-Based CBT for Depression and Anxiety.

## Our courses are:

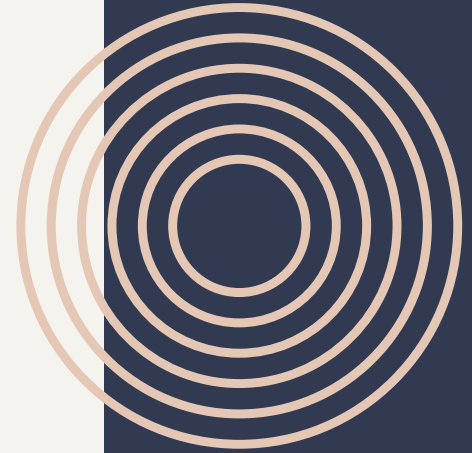
- ▶ Low cost,
- ▶ Evidence based,
- ▶ Easy to follow,
- ▶ Provide real-life exercises,
- ▶ Downloadable resources and tools.

## WHAT IS COACHING?

Coaching is different from how we normally understand therapy to be. Coaching helps you to identify and achieve personal goals and aims. These goals and aims do not have to be work-oriented, they can be anything relating to what you would like to achieve in life.

## WHAT CAN COACHING HELP WITH?

Coaching can help you to reach your potential. It provides you with a safe space to work through any fears or concerns that may be holding you back. By working through this, coaching can give you the support and the confidence to overcome the barriers stopping you from achieving goals.



# COACHING

## WHAT TO EXPECT FROM COACHING?

A coach won't tell you what to do. Instead they work with you, using questioning techniques, to enable you to find the answers yourself. Coaching provides an empowering, encouraging environment for you to explore and overcome any challenges you're facing. Our coaches will offer support and feedback to help you to achieve and stay focused on your goals. Most of our coaches are also trained mental health professionals, so they bring the added benefit of other therapeutic techniques, such as CBT and talking therapy to enhance the coaching experience.



# RELATIONSHIP COUNSELLING



## COUPLES COUNSELLING

Relationship counselling can help you to look at the problems that can naturally arise within any relationship. The reasons for needing relationship counselling can be varied, complex and painful.

These reasons can include communication issues, infidelity, trust, differences in expectation, relational abuse, boredom and compatibility. Whatever the reason, when problems occur it can be hugely distressing for those concerned.

## WHAT DO WE OFFER?

Hope Therapy has developed a team of carefully selected psychotherapists and counsellors. We offer one-to-one counselling support, couples or marriage counselling and family therapy. These differing approaches work together and are adaptable to each individual case.

We offer a consultation on short notice for you to be able to decide what feels right for you.

## WHEN IS THE RIGHT TIME TO GET RELATIONSHIP COUNSELLING

Taking the step to go to couples counselling can feel huge and overwhelming. Often the hardest part of this kind of therapy is admitting that you need it.

However, the earlier you can address a problem, the easier it can be to resolve. However, we recognise that this isn't always as easy in relationships and it often takes time to recognise that intervention is needed.

Here are some common issues that might mean it is time to start relationship therapy:

- ▶ Arguments are becoming more frequent,
- ▶ The bond of trust has been broken,
- ▶ Communication is poor or non-existent,
- ▶ An underlying feeling that something is just wrong,
- ▶ Lack of emotional or physical intimacy,
- ▶ Unhealthy or unhelpful conflict styles,
- ▶ Feeling stuck in bad patterns,
- ▶ Experiencing grief or difficult,
- ▶ Change that may have impacted how you connect.

## WHAT DOES A DIETICIAN DO?

### 01.

A dietician is an expert in nutrition and diet, helping individuals identify the correct nutrients that best suit their individual needs. Dieticians work to deliver the science of nutrition to individuals and help to inform them on their food choices.



# DIETICIAN

## HOW CAN OUR DIETICIAN HELP YOU?

### 02.

Carin focuses on the interrelated functions of the body's systems. She looks at how everything is connected and working (or not working) together. She seeks to identify and deal with the underlying root of the problem, as opposed to just dealing with the symptoms.

She places a very firm emphasis on food freedom and enjoyment and stresses how food obsession and restriction is both destructive and unhealthy.

By combining optimal nutrition, which is paying attention to our food, nourishing our gut and taking time for rest and repair, we are giving ourselves the best opportunity to do the things that we care about the most.

## WHAT TO EXPECT DURING YOUR SESSION

### 03.

Before you begin, you will be asked to complete a set of questionnaires to understand your individual circumstances.

Where necessary, Carin is supported by our trained mental health counsellors, who can bring in techniques from various forms of therapy.

This could include mindfulness, CBT and counselling to address any blocks or psychological challenges that are impacting you following your desired nutritional path.



# EYE MOVEMENT DESENSITISATION REPROCESSING (EMDR)

EMDR is a form of psychotherapy developed in the 1980s, by American psychologist Francine Shapiro. She discovered a connection between eye movement and persistent traumatic memories.

It is used to help people recover from Post-Traumatic Stress Disorder (PTSD), as well as other mental health conditions. It is an evidence-based treatment, that is designed to resolve unprocessed traumatic memories in the brain.

## WHY USE EMDR?



Traumatic events can cause ongoing distress, in the form of flashbacks, nightmares or intrusive, distressing thoughts and emotions. Often the mind becomes overwhelmed by the traumatic experience.

Unprocessed experiences are stored in the brain. This includes the sight, sound, thought and feelings that surround them. Life events trigger a recollection of the original experience, causing the distress you may recognise.

EMDR does not erase the memory of what happened. Instead, it seeks to process the traumatic memories stored within the brain which makes the memories easier to manage.

## WHAT ARE THE AIMS?

Whilst our needs and aims are all different, the broad, overarching aims of EMDR are:

- ▶ The reduction of re-experiencing traumatic memories,
- ▶ To assist you to feel more able to cope with and manage any trauma memories,
- ▶ To support your ability to engage with and enjoy pleasurable activities,
- ▶ The reduction of feelings of stress, anxiety, irritation and hyper-vigilance,
- ▶ To reduce the sense of isolation we may feel,  
To assist self-confidence and self-esteem.

# HYPNO-THERAPY

Hypnotherapy usually refers to the therapeutic use of hypnosis to help with a wide range of problems or issues and supporting your ability to relax in various situations or to improve sports performance or your ability to speak in public. It is a valuable tool for changing habits, lessening symptoms or treating certain underlying conditions.

## WHAT TO EXPECT DURING A HYPNOTHERAPY SESSION

The initial session will usually be an opportunity for you and your hypnotherapist to get to know one another, discuss what you wish to work on and explore the suitability of this way of working together. Your hypnotherapist is also a fully accredited Cognitive Behavioural Therapist (CBT), so if it is decided there may be more beneficial ways of working together then this can be discussed.

Once you and your hypnotherapist agree to work together, they will discuss in more detail what this is likely to involve and give you an idea of what to expect. As each person will have different needs and goals they wish to achieve, the way of working is likely to be slightly different for everyone. However, typically a hypnotherapy session is likely to involve leading you into a state of relaxation, with different ways of handling situations being discussed. This could be focused on a particular behaviour or situation with which you currently struggle.



## WHAT TO EXPECT AFTER THE SESSION...

People may see positive changes very quickly, as new ideas and ways of thinking and behaving start to have an effect. For other people, further sessions to reinforce ideas may be recommended. You may also be taught self-hypnosis techniques, that you can do yourself to help support the work you are doing with your hypnotherapist.



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# HOPE THERAPY AND COUNSELLING SERVICES

Hope Therapy &  
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