

## What is short-term solution focused counselling?

Counselling is often considered an effective tool to help support with stress, low mood, anxiety and depression. Counselling can also be used to support a variety of day-to-day issues, including; relationship problems, family issues, bereavement, work related issues, difficult life events and many more.

First of all it is worth thinking about what an employee assistance programme is and to how Care first can support employees.

### What is an Employee Assistance Programme?

An employee assistance programme (EAP) was designed to help employees around any personal or work related issue in a confidential manner. The service was designed as a short term, problem solving type of service and is best utilised as a proactive service. Care first's employee assistance programme will support employees regardless of the type of issue(s).

### What is short-term solution focused counselling?

This type of therapy focuses on solutions to a client's issues or problems. Short-term solution focused counselling is based over a short period of structured sessions. Although it can look at present issues and past causes, its main aim is to look at where the client is now and to where they would like to get to by having the counselling. It is about looking forward not back.

This type of counselling looks at the client's strengths and positivity's in order to help them move forward with their life rather than focussing on the issue or problem directly. By the counsellor helping the client to set clear goals for what they would like to get from the counselling really sets a clear structure for the sessions. This type of counselling also can look at the client's strong points and skills rather than their weaknesses in order to help them reach their set objectives for the counselling. It is also important to remember that everyone's needs are individual to them. So there is no strict A to B model.

### What if my needs are not supported by the short-term solution focused counselling model?

No matter what the issue or problem may be it is still worth calling Care first for support. Even if you think that the issue you are calling in regards to does not fit the short-term solution focused model.

Care first may signpost you onto another organisation or charity who would be better placed to support with the issues presented if short-term solution focused counselling is not appropriate. If our service is not appropriate then it is really important that we help to direct you to the most appropriate place for you to get the support that you need.

However please be assured that you can still contact Care first for in the moment support as and when you require it 24/7.

## How short-term solution focused counselling can have a beneficial impact on your mental wellbeing

- **Help you to take control**  
Counselling can help by identifying the elements in your life to focus on that you can control. This can help you to move forward.
- **Challenge your mind**  
By speaking with a Counsellor you may think about things from a different perspective and challenge your own mind to why you feel the way you do, how you might approach things differently, or what might be causing you to feel the way you do.
- **Empowerment**  
Talking therapies involve the individual and the Counsellor playing active roles. By you having to play an active part in the counselling may help you to feel empowered at a time when you may feel like you have lost control of your life or parts of your life.
- **Different Emotions**  
Counselling can help you to cope and manage with a variety of different emotions from grief, guilt, anger, sadness, confusion and low self-esteem to name a few.

## How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited counsellors are available 24/7 to provide support with emotional issues, our expertly trained information specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support.

If you would like to view the Webinar on **‘What is short-term solution focused counselling’** This is being delivered live on **Monday 24<sup>th</sup> July at 12pm** please use the below link to register for this session:

<https://attendee.gotowebinar.com/register/6389246008472511829>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above shortly after the webinar has taken place.