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**Close to Cardiff Central Bus and
Train Stations**

**COUNSELLING SOUTH
WALES**

**53b Fitzhamon Embankment
Riverside
Cardiff**

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**COUNSELLING
SOUTH WALES**

CARDIFF

TEL: 029 20641195

Our Service

Counselling South Wales (CSW) was formed in Cardiff over 10 years ago. The objective of the agency is to offer affordable good quality counselling to clients in Cardiff, the Vale and RCT.

All our counsellors offer individual counselling sessions and are experienced in working with clients who have had difficulties with:

Marriage and relationship issues. Stress, anxiety, panic attacks and low self esteem. Anger management, phobias and OCD. Bereavement and loss. Physical, sexual and emotional abuse. Self harm, smoking cessation and other life changing experiences.

What can we offer our clients?

CSW can offer a confidential, safe and supportive environment where you and your counsellor can develop a trusting relationship, allowing you to explore your issues freely so that you can learn new ways of coping for your future thus helping you to live your life the way you choose.

From these sessions you may begin to feel less confused and unhappy about how you have been feeling.

Counselling can empower you to make changes in your life or help you come to terms with the things that cannot be changed.

About our Counsellors

Our Counsellors are experienced and qualified to Diploma level. We also have student Counsellors who are in the final year of their 2 year Diploma in CBT or Person-Centered/Existential Counselling.

All our Counsellors work within the British Association of Counselling and Psychotherapy (BACP) Ethical Framework, which means that they adhere to a professional code of conduct. They undertake regular supervision and are encouraged to attend courses in order to continue with their personal and professional development.

Initial Contact

When you phone CSW, if we are unable to take your call straight away, we will phone you back and ask some general questions such as your name, address, safe contact number and what days/evenings would best suit you for your counselling sessions. One of our Counsellors will then phone you to make arrangements for your first session.

Times of Sessions

Counsellors volunteer their services to CSW on Monday, Tuesday and Wednesday evenings. However, we can offer counselling sessions on other evenings by special arrangements. Sessions are offered for either 6.30pm or 7.30pm on these days. The session lasts for 1 hour.

We can also offer counselling sessions during the day however, these sessions are very popular so the waiting list may be longer than for evening sessions.

Payment

CSW is a nonprofit making organisation and all of our counsellors offer their time free of charge to the agency. However, it costs approximately £25 to provide a session due to overheads such as rent, telephone, lighting/heating, supervision costs etc.

We understand that not everyone can afford to pay £25 per session therefore there are minimum fees payable depending on client's circumstances. For those who are not currently working and for unemployed students there is a minimum fee of £10 per session. For all other clients the minimum fee is between £15 and £20 per session. Fees are payable at the end of each session.

We can provide a monthly invoice to your employer if they are paying for your sessions.

Welcome

We can offer you as many sessions as you need (up to a maximum of 26 sessions) in order for you to work through your issues. So if you are thinking about making some changes in your life or you are having difficulties coping day to day with your issues and want to work through your feelings with an experienced counsellor in a confidential and safe environment then give us a call. You have nothing to lose and a lot to gain.