

Our Aim and Working Practice

We pride ourselves on being an evolving provision, being able to change and adapt to the ever growing needs and demands of the people we work with.

Our aim is to provide a compassionate and supportive counselling service that fosters mental and emotional well-being.

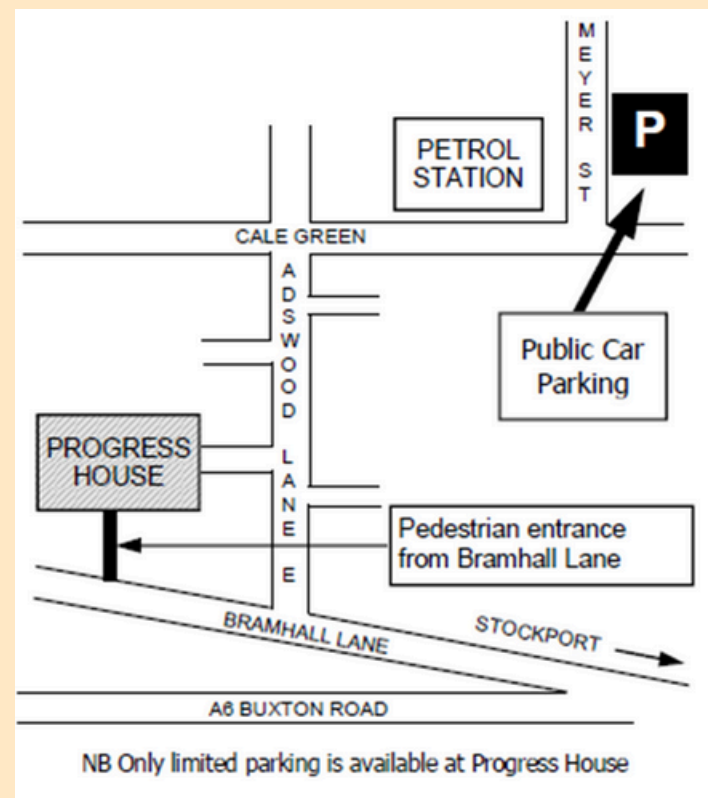
We focus on creating a safe and confidential environment for individuals to explore their thoughts, feelings, and challenges.

Our practice emphasizes a client-focused approach, where we tailor our support to meet the unique needs of each person.

Through active listening, empathy, and evidence-based techniques, we aim to empower clients to gain insight, develop coping strategies, and achieve their personal goals.

Our commitment is to promote healing, growth, and resilience, enabling clients to lead fulfilling and balanced lives.

Where we are?



**Stockport Progress and
Recovery Centre**

**35a Adswood Lane East,
Cale Green,
Stockport,
SK2 6RE**

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Cale Green,
Stockport,
SK2 6RE

Tel: 0161 429 9744

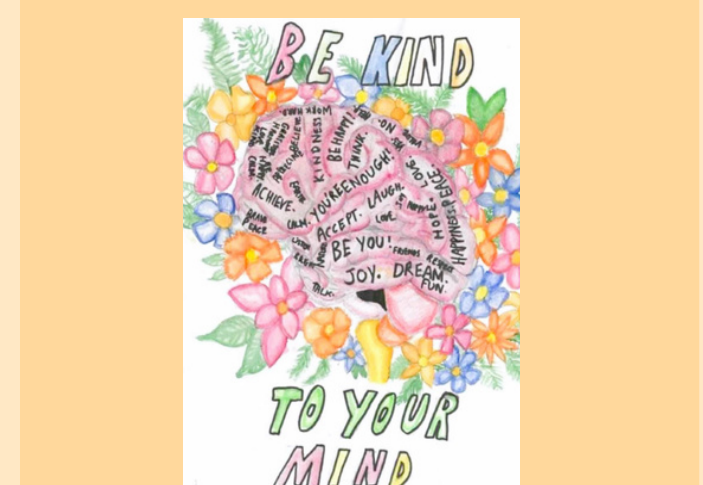
Counselling Co-ordinator

Email: david@sparc4me.org.uk

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SPARC
Stockport Progress And Recovery Centre

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Registered Charity No: 515832



Counselling and its Process

Counselling, is a talking therapy which enables individuals to discuss their problems, and difficult emotions in a safe, confidential environment with a qualified or trainee Therapist/Counsellor. It can mean different things to different people, but generally, it is sought by those wanting to change aspects of their lives or explore their thoughts and feelings more deeply.

Counselling is a process that promotes personal growth, emotional well-being, and a deeper understanding of oneself.

Counselling is a therapeutic process that allows you to discuss life challenges you are facing. Initially, it may be difficult to process upsetting emotions and painful memories, but this gradually improves with each session. To get the most from counselling, aim for consistency. Some sessions may feel more helpful than others, but it's important to understand that everything your Therapist/Counsellor does is designed to help you in the long term. Remember, counselling is not a quick fix, and your counsellor will not tell you what to do.

The process requires a strong relationship between you and your counsellor and effort on your part for meaningful progress.

Referral Criterion

We accept referrals from all SPARC members and anyone accessing adult mental health services in Stockport i.e. Pure Innovations, Mental Health Network, Stockport Mind, CMHTs, Early Intervention, & Psychiatrists etc. Plus, paid, or unpaid Carers.

Please complete a counselling referral form along with a CORE 10. Return these forms to SPARC's Counselling Co-Ordinator.

NB: all referrals must be aged 18+ and live in Stockport!

Workshops

We offer diverse therapeutic workshops tailored to and inspired by, our client group, including relaxation, mindfulness, self-esteem and self-compassion, decluttering, anxiety management, intrusive thoughts, exploring dreams, hearing voices, and creative writing, to name but a few.

These workshops provide tools and techniques to promote mental well-being and foster a supportive environment for personal growth.

What Counselling Is

- A Confidential Professional Working Relationship
- Exploring Life's Challenges and Unprocessed Emotions in a Safe Space
- A Commitment to Support Autonomy to Work on Self-Care
- Learning to Develop Self Awareness
- A Journey of Active Engagement
- A Reflective Process for Personal Growth
- Connecting with Self-Acceptance and Compassion
- Rebuilding Innate Resilience with Support to Facilitate Change

What Counselling Is Not

- Crisis Service or Management
- Giving Advice or a Quick Fix
- A Cure
- Judging You
- Just Talking or Chit Chat
- Without Goal and Effort
- A Long-term Support Service
- An Instant Solution to Problems