

About us:

Building on the work of the charity formerly known as Waveney Counselling Service, we offer affordable talking therapies and training in the south east Norfolk and north east Suffolk areas.

People come to us in order to address emotional, personal or relationship problems.

These include:

- Anxiety
- Depression
- Stress at work
- Difficulties in sustaining relationships
- Difficulties in expressing feelings
- Issues relating to abuse or childhood difficulties
- Lack of confidence
- Bereavement and other losses
- Physical illness
- Loneliness

Contact us

CATALYST COUNSELLING CIC
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Email
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Online
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BACP Membership No: 101953
Company No: 8894088



A Safe Place to Talk

At CATALYST we provide affordable talking therapies for adults, couples, young people, and children. This leaflet tells you about our service and how to contact us.

How counselling can help

A skilled counsellor will listen and help you understand how past experiences, worries about the future or lack of confidence may be affecting your life.

Together, we can think about what may be happening to you in your life and look at how you feel about yourself and others. Your counsellor will not tell you what to do or give advice but will help you think about and decide what may be right for you.



Services we provide

- Short-term counselling (6 sessions)
- Open-ended counselling (which continues until client and counsellor agree it's time to finish)
- Dynamic Interpersonal Therapy (DIT) for anxiety and depression (16 sessions)
- Couples counselling
- Group therapy
- Employee assistance counselling
- Training
- Supervision and staff support

Confidentiality and Good Practice

CATALYST provides a confidential setting where you are free to talk safely, without fear, blame or rejection.

We adhere to the BACP Ethical Framework for Good Practice.

The training of our counsellors and our standards of professional practice are monitored and appraised constantly.

Many of our clients report that their lives are transformed by the counselling we provided.

Assessment

Your first appointment will be an assessment, which can last up to 90 minutes and may take place over two sessions.

A specially trained counsellor will explore with you your needs, expectations and whether the service we offer can help you.

Ongoing counselling sessions take place weekly and last 50 minutes.

How long will I have to wait?

We aim to start your counselling as soon as possible. Please try to be as flexible as possible about your times of availability.

To make an appointment

You can contact us yourself; you don't need to be referred. Simply call us on the number above, ideally between 10.00am and 2.00pm weekdays, to make an appointment. At other times, leave a message and your contact details and we'll get back to you by the end of the next working day. If you prefer, you can email us for an appointment.

How much will it cost?

CATALYST COUNSELLING CIC is a not-for-profit social enterprise, committed to providing affordable services. This means we don't exclude people who cannot afford the full cost of counselling. During your assessment, you will have an opportunity to discuss how much you can afford to pay for the on-going appointments. We'll agree a fee that takes into account your financial circumstances and ask that you contribute as much as you can afford.

Training

We run courses in:

- Certificate & Diploma in Counselling Skills
- Clinical Diploma in Psychodynamic Counselling
- Advanced Certificate in Psychodynamic Theory and Practice
- CPD workshops and short courses
- In House Training for Organisations
- Conferences

For further information on how our training services could suit you, or your organisation, please contact our Head of Training.

