



BEYONDBLUE

**A step in the
right direction**



How we can help

Life can be difficult at times. Recognising that we could use some assistance is, in our opinion, a show of strength and courage.

You can be perplexed or disoriented about yourself or your life. Therapy provides a safe and unconditional environment to explore one's thoughts and feelings without judgement.

Perhaps you're pressured, anxious, or just down in the dumps. Life-changing events or a difficult transition might cause feelings to arise. You might wish to work on your relationship, think about your identity, or cultural concerns. Exploring our feelings and thoughts might assist us in gaining clarity. We work with individuals or groups that are unhappy or dissatisfied with life.

Beyond Blue aims to obtain a sense of calm by encouraging clients to open-up and talk in a safe environment with our trained therapists, who truly listen.

Therapy can help you make positive adjustments in your life. Help you come to grips with your problems, and, where feasible, discover a solution. It can also help you become more self-aware. Making fresh choices about how to conduct your life and make you feel happier and content.

About us

Beyond Blue is a counselling service within the Black Country.

Specialising in one-to-one counselling, group therapy and relationship counselling.

We deliver therapy online, telephone, face-to-face, in groups, within the home, or by text message.

Beyond Blue is therapy provided in a humanistic, empathic, non-judgemental environment. Encouraging clients to develop trust, enabling them to express themselves freely in a confidential safe space.

Our Therapy

Looks at the whole person, the uniqueness of each one of us. Having a strong interest in or concern for human welfare, culture, values, and dignity.

Beyond Blue Counselling Services operates according to the person-centred model, where each of our trained therapists are congruent, providing the client with unconditional positive regard.

Our Approaches and Modalities



Humanistic – Person Centred (PCT), using Carl Rogers humanistic person-centred approach based on the belief that the client is unique, inherently good and can change. Person-centred psychotherapy places the client at the centre of counselling and treated as a person first and foremost.

At Beyond Blue our focus is always on the person and what they can do, not their condition or disability. Support is focused on achieving the client's aspiration, tailored to their needs and unique circumstances. Enabling the individual to build and keep control of their life. Valuing the uniqueness and potential of each person and the belief that we all can adapt and change throughout our lifetime.



Psychodynamics believes that our early relationships shape who we are today. It studies the psychological forces that underlie human behaviour, feelings, and emotions and how they might relate to early experience. Digging deeper into our past, the unconscious and the conscious mind.



Behavioural Therapy using a broad range of techniques to change maladaptive behaviours. The goal is to reinforce desirable behaviours and eliminate unwanted ones. Behavioural Therapy is action based and highly focused. The behaviour itself is the problem usually learnt from our environment. The goal is to teach people new behaviours to minimise or eliminate the issue.

Behavioural Therapy suggests that since old learning led to the development of a problem, then new learning can fix it.

Types of Behavioural Therapy

The type of therapy used can depend on a variety of factors, including the condition being treated and the severity of the person's symptoms.

Applied Behavioural Analysis uses conditioning to shape and modify problematic behaviours

Cognitive Behavioural Therapy (CBT) relies on behavioural techniques, but adds a cognitive element, focusing on the problematic thoughts behind behaviour.

Dialectical Behavioural Therapy (DBT) a form of CBT that utilises both behavioural and cognitive techniques to help people learn to manage their emotions, cope with distress, and improve interpersonal relationships. DBT techniques are often used for clients who borderline personality disorder.

Exposure Therapy utilises behavioural techniques to help overcome people's fears of situations or objects. This approach incorporates techniques that expose people to the source of their fears while practicing relaxation strategies. It is useful for treating specific phobias and other forms of anxiety.

Rational Emotive Behaviour Therapy (REBT) focuses on identifying negative or destructive thoughts and feelings. People then actively challenge those thoughts and replace them with more rational, realistic ones.

Social Learning Theory centres on how people learn through observation. Observing others being rewarded or punished for their actions can lead to learning and behaviour change.



“*Therapy with my counsellor at Beyond Blue is great. It's helping me break things down and take apart things that have gone on throughout my life. It's been like lifting a massive weight of my shoulders. I'm starting to feel more at ease with myself now. I didn't realise how much things had affected me from my childhood. Each week gets a little easier.*” – Alexandra

Behavioural Therapy can help with:

- Bipolar disorder
- Alcohol and substance use disorders
- Anxiety and stress
- Attention-deficit/hyperactivity disorder (ADHD)
- Autism spectrum disorders
- Borderline Personality Disorder
- Depression
- Eating disorders
- Panic disorders
- Phobias
- Obsessive-compulsive disorder (OCD)
- Anger management
- Communication
- Coping strategies
- Healthier thought patterns
- Self-esteem
- Schizophrenia

Beyond Blue can also help with:

- Bereavement
- Addiction
- Complex trauma
- Relationship difficulties
- Bullying
- Chronic illness/pain
- Domestic violence
- Post-traumatic stress disorder (PTSD)
- ...And lots more

Beyond Blue provides support to:

- Children
- Young adults
- Women
- Men
- Relationships
- Elderly
- Employees



Stick to a routine

Try to wake up, eat meals, handle chores, and go to bed at set times.

Having a schedule will preserve a sense of normalcy in your life and will help you to reduce your worries.



THINK: Do you have a routine that gives you a sense of accomplishment at the end of each day?

“*When the COVID-19 pandemic started, I completely neglected my routine and ended up spending too much time on entertainment. I wanted to make better use of my time, so I made a schedule of handling my daily responsibilities.*” – J

Therapy with **BEYONDBLUE**



Accepting
you need help
is the first step

Looking after your mental health
is just as important as our physical health.

I can expect the following from my therapy sessions:

- To receive therapy services that work well with the kind of difficulties I have.
- To have my needs considered in the way the service is provided. This could include disability, sexual orientation, ethnic background, gender, and religion.
- To be asked for my opinions and be given as much choice as possible about what we do in therapy.
- To be told in good time when the service is likely to come to an end and when our sessions need to be arranged (e.g., holiday).

I need to:

- Feel at ease working with my therapist, if not I must say and another suitable therapist will be provided.
- Sign a mutual agreement/contract with my therapist prior to commencement of counselling with Beyond Blue.
- Say if there is anything that will affect our work together, especially if that places me or others at risk of harm.
- Fill in questionnaires when necessary.
- Complete tasks between sessions. This could be making a note of my experiences, reading helpful information, or doing practical exercises.
- Attend each session (even though at times I may not want to).
- Give at least 24 hours' notice if I am unable to attend due to illness or crisis.
- Agree not to take alcohol or illicit substances before a session.



Tips to limit worrying

Limit your intake of negative news. There is only so much you need to know about a crisis. Overexposure to calamitous reports will only heighten your feelings of fear and despair.



THINK: How often do you really need to be updated on the news?



Focus on the positive

Dwelling on what-ifs and imagining worst-case scenarios will only fuel your tendency to worry. Instead, think of two or three things for which you can be grateful.



THINK: Do you tend to dwell on the negative things going on in your life and filter out the positive?



Think of others

Rather than isolate yourself – which is all too easy to do if you are consumed with worry – think of how you can help those who are in need.



THINK: Of the people you know, which ones might have special needs, and what can you do to help them?



Stay healthy

Get sufficient exercise and rest. Eat healthy foods. Taking care of your physical health can improve your outlook on life and help you ward off worry.



THINK: Do you need to improve your diet and exercise regimen so that you can be healthier?

Confidentiality

Everything said in the therapy room remains confidential. This means that it will not be shared with anyone outside of the service without permission, unless information shared puts clients at risk of harm, or harm to another person. Where possible your therapist will discuss this first. All notes are kept on a secure computer system, and/or locked filing cabinet, within a locked room.

Communication with other services

It is helpful that your GP and sometimes other services working with you are told that you are receiving treatment. Your permission is always asked for before contacting these services.

Professional Boundaries

Beyond Blue is unable to accept gifts or social invitations from clients.

Zero Tolerance

Beyond Blue Counselling Service takes a zero-tolerance stance on all forms of abuse.

All members of staff have the right to work in a safe environment free from violence, aggression, and harassment of any sort.

Ensuring Quality

All Beyond Blue staff are DBS checked professionally qualified, have the appropriate insurance, and accredited by relevant professional bodies. They will work with you to meet YOUR goals.



It's our **Good Practice** that all our counsellors follow the BACP (British Association of Counselling and Psychotherapy), or NCS (National Counselling Society) ethical framework for counselling professions, which are as follows:

Good Practice

Clients need to be able to participate freely as they work with practitioners of the counselling profession towards their desired goals. This requires clients to be able to trust their practitioner with their wellbeing and sensitive personal information. Therefore, as an Organisational Member of the BACP, we take being trustworthy as a serious ethical commitment. Beyond Blue agrees that we will:

- Put clients first
- Work to professional standards
- Show respect
- Build an appropriate relationship with clients
- Maintain integrity
- Demonstrate accountability and candour.

Beyond Blue's ethics are based on values, principles and personal moral qualities that underpin and inform the interpretation and application of **Our Commitment to Clients** and **Good Practice**.

As Organisational Members of the BACP we have committed ourselves to the principles and values set out in the BACP ethical framework and recognise that our membership may be at risk if we fail to fulfil our commitments.

Important to Remember

If you fail to attend or cancel 2 sessions with less than 24 hours notice, you will be discharged from the service. Any non-cancellations will result in losing the session that was arranged. You would be unable to come back to Beyond Blue without another referral from your GP or other agency.

“ I felt that my counsellor at Beyond Blue respected me as a person. I felt listened to and at ease. They understood the concerns I brought to counselling and helped me to clarify the nature of my concerns. I was encouraged to make my own decisions and helped to develop better ways of coping with my concerns. I would definitely refer my friends and family to Beyond Blue. **”** – Daniel

Beyond Blue

Is located at the following addresses:

Sandwell Register Office, 62 & 63 Highfields House, High Street West Bromwich B70 8RJ.
19a Spring Court, Spring Head, Wednesbury WS10 9AD.

t 0121 269 5990

e info@break-thru.co.uk

w www.break-thru.co.uk/beyond-blue

Emergency Support

GP 111 / 999

Mental Health Helpline 0800 008 6516

The Samaritans 116 12

HOPELINEUK 0800 068 41 41

Sandwell Crisis Team 0121 543 4100

CAMHS Crisis Intervention and Home Treatment Team

(Mon-Fri 9am till 5pm) 0121 612 6620

(5pm till 8pm and weekends) 07816 075 218

Beyond Blue 07813 125 443 (For Beyond Blue clients only -24hr crisis number and text message service)