



**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 mind and body workshops

Explore a holistic approach to wellbeing with our engaging workshops:

1. Emotions & the Mind-Body Connection
Understand how your emotions affect physical health.
2. Navigating Life Challenges
Support through transitional times.
3. Work-Life Balance
Strategies for harmony in daily life.
4. Managing Stress & Anxiety
Practical ways to cope and thrive.
5. 'Calming Techniques
Tools to soothe both body and mind.
6. Emotional Freedom Technique
Tap into emotional healing.
7. Understanding the Inner Critic
Quiet self-doubt and build confidence.
8. Reconnecting with the Inner Child
Heal past wounds and rediscover joy.
9. Using Anchors for Stability
Grounding techniques for everyday resilience.



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 a full suite of diverse therapies to suite each individual.



Psychodynamic therapy explores how early relationships, and unconscious patterns shape current thoughts, feelings, and behaviours.



Person-centred therapy values each individual's uniqueness, focusing on strengths, self-growth, and empowering change through empathy, respect, and understanding.



Behavioural therapy uses practical techniques to replace unhelpful behaviours with healthier ones, focusing on learning, action, and positive behavioural change.



EMDR helps process traumatic memories using guided eye movements or tapping, reducing emotional distress and supporting recovery from PTSD, anxiety, phobias, and related conditions.



NLP helps change unhelpful thoughts, feelings, and behaviours by using language to reframe how we think and respond.



Integrative psychotherapy combines approaches to suit individual needs, aiming to unify emotions, thoughts, behaviours, and body for holistic personal growth and healing.

We offer therapy within the home



Relationship therapy helps individuals, couples, or families improve communication, resolve conflict, and rebuild trust, fostering stronger emotional bonds and more respectful, fulfilling connections.



Family mediation helps resolve disputes confidentially, improving communication and avoiding court, with the goal of fair, mutually agreed resolutions in a supportive setting.



Compassionate therapy promotes empathy, emotional safety, trauma healing, resilience, and self-acceptance, supporting mental well-being bereavement and stronger relationships.



Gestalt therapy focuses on personal responsibility, present experiences, the therapist-client relationship, and social contexts, encouraging self-regulation and adjustment to life situations.



Creative therapy uses artistic expression, like painting, music, or drama, to explore emotions, reduce stress, build self-awareness, boost confidence, and improve mental well-being in a supportive environment.



EFT - Emotional Freedom Technique (Tapping) is a gentle technique that combines focused thoughts with tapping on acupressure points to reduce stress, anger, depression, ease anxiety, and release emotional blocks.



Hypnotherapy Effective weight loss programmes available, including gastric band hypnotherapy.

Hypnotherapy is a safe, natural way to overcome stress, anxiety, habits, and phobias. It promotes positive change by working with the subconscious mind, helping to boost confidence, improve sleep, and support overall wellbeing.

Therapy

Is for children, teens, adults, carers, elderly, employees & employers.

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 have 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 off 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)
- Menopause
- ...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**



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

Supporting the Armed Forces Community

Many veterans, serving personnel, and their families face lasting challenges after service, from PTSD and trauma to anxiety, grief, and isolation. Access to affordable, trauma-informed support is still limited, especially in areas like the Black Country.

We support:

Veterans and service leavers

Spouses, partners, and carers

Children and young people from military families

Those adjusting to life after injury, retirement, or discharge



Clinical Supervision

If you're seeking counselling supervision for face-to-face work, or for your online or telephone practice, we may be a good fit. Trainee counsellors are warmly welcomed.

Finding a supervisor is an important step in your professional development, but finding the right supervisor, someone you feel at ease with and who supports your growth in service of your clients, is even more crucial.

We believe that choosing a supervisor is a bit like finding the perfect pair of shoes, you only know they're the right fit once you've tried them on and walked in them for a while.

At Beyond Blue, our supervisors are experienced in a range of therapeutic modalities, including Integrative and Person-Centred counselling. All hold formal supervision qualifications, are fully insured, and are accredited members of the BACP, NCPS, or UKCP.

We warmly invite you to arrange an introductory session, a chance to get a sense of how we work and whether we're the right fit for you.

Sessions are available online, in person, or via telephone.

To book or find out more, please contact us at: 07813 125443

info@beyond-blue.co.uk



Calm Zone (Young men 15-35):
0800 58 58 58 (Mon & Tues,
Sat & Sun 5-12 midnight).



t 07813 125 443

e info@break-thru.co.uk

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



BACP Organisational Membership Number: 00276100.