

OUR VISION

Somerset Counselling Centre will be recognised for the provision of high quality counselling services. The services we provide will increase access to affordable counselling, thereby helping to improve emotional health, wellbeing and resilience in the community.

We shall grow the qualified counsellor workforce through the provision of supported, high quality work placements for trainees; alongside expert led CPD for existing and trainee counsellors; thus ensuring there is a strong pipeline of counsellors to meet both current and future needs and demand.

We shall proactively collaborate with other organisations and initiatives to conduct research to support this vision and to promote increased understanding and the growth of high quality counselling services nationally.

OUR MISSION

- To provide high quality, accessible and affordable counselling in a safe space
- To train counsellors
- To promote emotional health and wellbeing.

"What helps you
to love others?"



"loving yourself" said
the note.

OUR VALUES

EMBRACING - accessible to everyone who needs us in our community

EFFECTIVE - providing a confidential, high-quality service to our clients

ENERGETIC - offering the service in a dynamic and enthusiastic way

EMPOWERMENT - helping our clients find the way to greater self-understanding and personal growth.

ON REFLECTION

Origins

Somerset Counselling Centre (SCC) was established in 1990. The founders of the Centre recognised first-hand the growing mental health inequalities: inequality by comparison with physical health and also lack of accessibility - most particularly from an affordability perspective. The founders undertook to provide an affordable counselling service, based on psychodynamic therapeutic principles, for the people of Somerset.

Development

Over the past 30 years society has changed significantly including: a change in century; population growth; an aging demographic; multiple health conditions associated with longer living; changing family structures; greater awareness and acceptance of all equality groups; developments in the treatment of many physical health conditions and a technological revolution which has changed lives beyond recognition.

All this has resulted in an increase in the demand for therapy services and a growing appreciation of its place in people's lives.



MENTAL HEALTH IN SOMERSET TODAY

There is a growing impetus nationally and locally to redress the imbalance between physical health and mental wellbeing.

50% of mental health problems start by the age of 14.

One in six adults will have a mental health problem at any one time – that is potentially 70,000 people in Somerset.

Mental health problems can be both the cause and the consequence of poor physical health. An anxious person, for example, is up to six times more likely to die of coronary heart disease.

Somerset has been successful in being awarded significant funding to roll out the “Fit for My Future” programme. This new mental health model builds on mental health, physical health and emotional wellbeing across the county.



AIMS 2020-2025

Between 2020 and 2025 we aim to promote each of our four charity objectives:

1. Provision of accessible counselling

We plan to expand the provision of accessible counselling by:

- Increasing the number of counsellors
- Doubling the number of sessions offered during this time
- Safeguarding the proportion of affordable sessions
- Growing the service provision
- Networking and sharing best practice with other providers
- Growing online services both regionally and nationally

2. Promotion of greater understanding of the role of emotions in psychological healing

This understanding will be promoted by:

- therapeutic work with clients
- the growth of self knowledge and development
- offering high quality supervision to our counsellors
- facilitating sharing of ideas and experiences of clients and/or counsellors
- engaging and collaborating with the communities in which SCC works.

3. Training and educating others in the practice of counselling

We want to ensure the workforce of therapists for the future. We will provide student placements and professional training opportunities. We will maintain high standards in education and continued professional development by supporting online and group courses. We will actively promote counselling as a career opportunity.

4. Promotion of research into efficacy of the methods and practice of counselling and the publication of the useful results of such research

In order to evidence the benefits of therapy at SCC, we will contribute to CORE (Clinical Outcomes Routine Evaluation) measures and support research. We will look to partner with local clinical mental health researchers and contribute to and influence regional and national initiatives.

THE FUTURE

Developing our strategy

We will continue to develop the services we offer based on the insights and feedback we have gained from our counsellors and our clients to improve the mental health of the community.



Delivering our strategy

To deliver our ambitions we will need an effective and efficient organisation.

We will continue to work to build our network within the community so that we can deliver an effective counselling service.

Evaluating our strategy

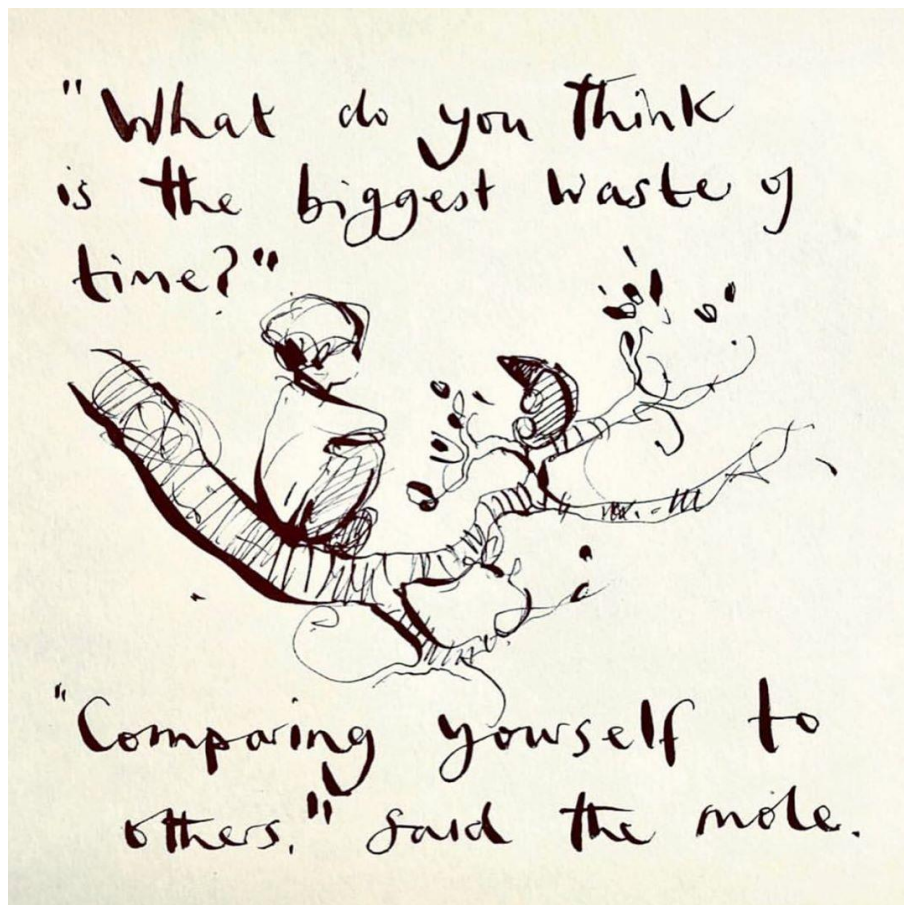
Evaluating the impact of our strategy will ensure that we are delivering against our objectives.

We are committed to understanding and measuring the work that we do at SCC. We will develop a clinical framework so that we can evaluate our work and make improvements.

This will allow us to evidence the high quality of work.

TALKING HELPS!

By pursuing our strategy we will be there to help people achieve improvements in their own mental health and wellbeing.



ACROSS SOMERSET SOMERSET COUNSELLING CENTRE

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APPOINTMENTS:

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