

### What is the Association of Christian Counsellors (ACC)?

ACC is a registered charity which holds a Professional Standards Authority (PSA) register of counsellors who are:

- professionally qualified
- working within a code of ethics & practice
- Christians

ACC counsellors work with people of all faiths and none. They will not impose their beliefs on anyone but will value differing faith perspectives.



### What to expect in counselling?

Counsellors should provide you with a contract in the first session and clearly explain:

- the services they offer & what they charge
- the confidentiality policy & boundaries
- the professional bodies that they are registered with and the ethical code they work under (including how to make a complaint if things go wrong).

### How can I find a counsellor?

There are many ways to access counselling, including:

- Association of Christian Counsellors (ACC) 'Find a Counsellor' online search facility at [www.acc-uk.org](http://www.acc-uk.org)
- GP or other source of referral
- Workplace or school
- Counselling agencies/centres
- Using websites of other counselling bodies that hold a Professional Standards Register



### How do I find a counsellor I can trust?

Make sure that they are on a register of counsellors, which is overseen by the government via the Professional Standards Authority (PSA). Anyone on a PSA register will be trained and committed to ethical practice.

You can find the professional counselling bodies that hold a PSA register on the PSA's website: [www.professionalstandards.org.uk/what-we-do/accredited-registers](http://www.professionalstandards.org.uk/what-we-do/accredited-registers)

## Counselling: What do I need to know and how do I arrange it?

Counselling is a professional relationship providing a confidential space in which you can talk through issues that are affecting your life with someone trained to help you.



### Why Counselling?

Research suggests that counselling helps people:

- bring about positive changes in their life
- increase their wellbeing
- work through and cope with life's difficulties and pain, for example: anxiety, depression, trauma, abuse, addictions, bereavement, relationship problems and breakdown, etc.

### Is having counselling a sign of weakness or failure?

Having counselling is **not** a sign of weakness or failure.

It takes courage to be open to yourself and others about what is going on in your life and to seek professional help.

### What type of counselling?

There are many types of counselling, but they should all offer:

- a safe place
- empathic listening
- a supportive relationship
- a process to reflect and consider your thoughts, feelings and behaviours

### What do counsellors do?

Professional, qualified counsellors have skills to help people in many situations.

Most counselling is done through regular meetings over a period of time and counsellors will work with the issues that you bring and towards the goals that you have set.

Some counsellors may have additional training & experience in specialist areas e.g. addictions, couples, trauma, children and young people.

### Further information

For information on joining us or finding a Christian counsellor, visit ACC's website [www.acc-uk.org](http://www.acc-uk.org)

Phone: 0845 124 9569/9570 or  
024 7644 9694

Email: [office@acc-uk.org](mailto:office@acc-uk.org)

Write to: 29 Mornun Boulevard Coventry CV2 5NA  
Registered Charity No: 108559 Scottish Charity No: 039810

