



Counselling offers a Confidential and Supportive service and the Opportunity for Change.

Individual Counselling

Regular sessions, which last 50 minutes, are arranged usually once weekly. Counselling may last for a few weeks or may be extended over a much longer period of time depending on circumstances.

Couple Counselling

Difficulties arise in most relationships at one time or another but in some these they can grow to threaten or endanger the relationship. Difficulties in communication, jealousy, intimacy or bereavement all bring additional stress to relationships. Couple work is usually shorter term work. Each person needs to complete their own Registration forms. If applying for couple counselling online, then payment need only be paid by one person.

Arrangements

Following contact with the Service, an initial session is arranged to talk over the problems and the reasons for coming. This is an important meeting as it gives the opportunity to consider what kind of help is required.

Venues

As well as a suite of rooms at Alma House in Stroud we provide counselling at other venues across Gloucestershire, including Cheltenham; Gloucester; and Tewkesbury.

Child, Family and Young Peoples' Counselling

Through ['The Child and Family Counselling Service'](#) , we offer counselling to families and young people. Information on this service is provided on the Children & Families page.