

TRINITY LABAN

Counselling Service

Student Services

Contents

- 2 Who is in the Counselling team?
 - How do I refer myself to Counselling?
- 3 What is the Trinity Laban Counselling Service?
- 4 What happens at the assessment session?
 - What range of topics might be discussed?
- 5 Confidentiality
 - Headspace
- 6 Urgent help
- 7 Useful websites
 - Speak to Student Services

Who is in the Counselling team?

Sarah Hall	Senior Counsellor and Clinical Supervisor
Jeremy Shultz	Counsellor
Sarah-Jane Rawlings	Counsellor
Liesbeth Allart	Sessional Counsellor and Group Facilitator
Tom Secretan	Sessional Counsellor
Annalie Schutz	Sessional Counsellor
Charlotte Parmiter	Sessional Counsellor
Tim Robbins	Sessional Counsellor
Faith Jenfa	Associate Counsellor
Sarah Raphael	Associate Counsellor
Lorraine O'Brien	Associate Counsellor
Claire Hackleton	Associate Counsellor
Emma Pugh	Associate Counsellor
Clare Whitehead	Associate Counsellor

How do I refer myself to Counselling?

Please contact **Sarah Hall** who will arrange an informal assessment.
You can email Sarah directly at [*s.hall@trinitylaban.ac.uk*](mailto:s.hall@trinitylaban.ac.uk)

What is the Trinity Laban Counselling Service?

The Trinity Laban Counselling Service offers free emotional and psychological support to all undergraduate and postgraduate students. It is part of Student Services and aims to provide high quality professional counselling to all students accessing the service for whom counselling is the appropriate and most helpful support. We are an approachable, friendly service with a team of highly qualified counsellors.

Counselling provides a confidential, safe place in which to explore difficult feelings and experiences. It aims to help students make sense of whatever is preventing them from living life to their full potential.

Counselling can help with decisions and choices and provide helpful strategies for managing student life.

Your counsellor's role is to listen and respond in a non-judgemental way. Your counsellor will respect your values, choices and lifestyle.

It is often easier to talk freely to someone not otherwise involved in your life; this can help you gain a new perspective on whatever is troubling you.

Although counselling can be painful, it is often a very empowering experience and can have a lasting positive impact on your life.

You don't have to wait until you are in a crisis before you contact the Counselling Service; even small problems or anxieties can cause significant distress.

What happens at the assessment session?

Your first meeting will be an informal session with Sarah Hall. This is an opportunity for you to begin to talk about what is troubling you. Sarah will ask questions to help her get a sense of what will be most helpful for you. She will then match you up with a member of the counselling team for individual or group sessions at a time that fits in with your timetable. Assessment sessions can be a very cathartic experience and students often feel a sense of relief at taking this first step towards positive change. At the end of the informal assessment session, you will normally be offered weekly sessions with one of our counsellors. Counselling sessions last 45 minutes and take place at the same time each week.

What range of topics might be discussed?

The service is staffed by Sessional Counsellors and Associate Counsellors (counsellors in advanced training), both female and male, who have considerable experience in working with a wide range of issues and difficulties including:

- Anxiety
- Loneliness, homesickness
- Performance anxiety, academic or course problems
- Depression
- Mental health issues
- Self-harm, suicidal thoughts
- Sexuality, identity
- Pregnancy, abortion
- Abuse, sexual abuse
- Self-esteem, confidence issues, body image
- Eating disorders
- Loss, bereavement
- Relationships or family difficulties
- Illness, injuries, sleep problems
- Trauma, life changes
- Alcohol and drug problems

Confidentiality

All counselling sessions are confidential. We never discuss the contents of your sessions with any other staff or students. The exception to this may be if you ask us to write a letter of support for Additional Considerations or to talk to a member of staff on your behalf.

All counsellors receive regular supervision which is where we discuss and examine our clinical practice. Supervisors are bound by the same rules of confidentiality as psychotherapists and counsellors. Counsellors are required to keep brief notes of counselling sessions. These are confidential and anonymous.

The Trinity Laban counsellors adhere to the British Association of Counsellors and Psychotherapists (BACP) Code of Ethics and this means that we are bound to break confidentiality if there is reason to believe that there is serious risk of harm to the student or to others, or if there is a Child Protection issue. This is unusual, but if it happens it would usually be after discussion during a session and with the student's consent where possible.

Headspace

Trinity Laban Students can get a free membership to Headspace, the most science-backed meditation app in the world.

Headspace Highlights

People who used headspace for 30 days saw a 32% decrease in stress, just one 15-minute meditation with Headspace can improve focus and reduce mind-wandering by 22% and 10 days of Headspace reduces negative emotions by 28%.

To sign up for your **FREE** headspace account check the student bulletin for our sign up link or go to: work.headspace.com/trinitylaban/member-enroll

Urgent help for emotional or health problems

Al-Anon (friends and families of alcoholics)	0800 0086 811
Alcoholics Anonymous	0800 9177 650
Crisis Text Service (deaf people in crisis)	text DEAF to 85258
HOPELineUK (suicide prevention)	0800 068 4141
London Lesbian and Gay Switchboard	0300 330 0630
LGBT Foundation (advice, info & support)	0345 3 30 30 30
Lewisham Hospital	020 8333 3000
Mindline (mental health helpline)	020 8853 1735
National Drugs Helpline (Frank)	0300 123 6600
NHS Direct	111
Rethink Mental Illness Advice Line	0808 801 0525
Samaritans (email: jo@samaritans.org)	116 123
National Sexual Health Helpline	0300 123 7123
Time To Talk (Greenwich)	020 3260 1100
Victim Support (for victims of crime)	08 08 16 89 111
Give us a Shout (for immediate support via text message)	Text "Shout" to 85258

If you feel at risk, please contact your GP or go to your nearest Accident & Emergency department.

Useful websites

Mental Health

Mind

mind.org.uk

Suicide Prevention

Papyrus

papyrus-uk.org

Face-to-Face Support

Listening Place

listeningplace.org.uk

Eating Disorder Support

Beat

beateatingdisorders.org.uk

NHS

nhs.uk/every-mind-matters

The Havens

thehavens.org.uk

Specialist centres for people who have been raped or sexually assaulted.

Speak to Student Services

Email us on: *SSE@trinitylaban.ac.uk*

Student Services can answer your questions via email or you can ask to speak to a student adviser. Student advisors provide a supportive and confidential space for you to speak about any challenges you are facing and they also provide students with financial, welfare and academic support.

Last updated: 6 November 2023 4:05 pm

City University London validates Trinity Laban's postgraduate diploma and degree programmes across music and dance, including the Research Degree Programme. Within the validation partnership Trinity Laban is responsible for the delivery and management of the provision and City University for assuring the quality and standards of the programmes. Trinity Laban Conservatoire of Music and Dance is a company limited by guarantee registered in England and Wales. Company No. 51090.