The University Of Sheffield.

CITY College An International Faculty Of The University.

Counselling Services

CITY Counselling for the students

A brief guide to FAQ concerning the counselling process

Counselling Services

What is counselling?

Counselling is about enabling you to explore your feelings and relationships more effectively. It gives you a chance to really look at issues that troubles you in some depth, and gain a different perspective of the situation.

Who is it for?

The Service is open to everyone at the College.

What can I expect from counselling?

People who come to counselling are not always sure about what to expect. The following information will help you clarify the way in which counselling works. When you first meet your counsellor, she/he will listen carefully to what is troubling you and will ask you some questions. The counsellor encourages you to express your thoughts and feelings, to explore the issues of concern and to discover/clarify ways of living more resourcefully. The work you do together will be about helping you to find the right solutions for you, rather than telling you what to do. It functions supportively but in case there is need for a more in-depth therapeutic approach you will discuss your options with the counsellor and referral suggestions will be made.

How do I book an appointment with a counsellor?

In order to book an appointment with a counsellor you should either send an e-mail at: counselling@city.academic.gr

or contact the reception of STRATIGAKIS BUILDING.

You will be notified by the counsellor about your appointment's date and time.

I need some help NOW!

The counselling service is unable to provide an emergency service and does not offer on-call or acute psychiatric treatment.

Counselling Services

Do I have to pay?

No! This is a free service for CITY students.

How long does each session last?

Counselling sessions last for 50 minutes.

How many sessions will I need?

The number of counselling sessions offered will ray, depending on the client's needs and can be negotiated with the client. Usually an agreed number of sessions are scheduled on a weekly basis. The maximum number of sessions that can be scheduled is 5.

Will I have to wait long for an appointment?

We'll try to keep your waiting time as short as possible. You should get an initial appointment within one or two weeks.

Is what we talk about confidential?

What happens during the sessions is confidential. This means in nearly all cases what is discussed will stay between you and the counsellor. The kind of things that cannot be kept confidential are; serious criminal acts, child abuse, acts of terrorism or serious threats to harm yourself or someone else. Your counsellor will discuss these with you before breaking confidentiality, if at all possible.

Location of the service.

The location of the Service is currently at the 5th floor of the Strategakis Building This may change according to availability.

Group counseling.

Group counselling sessions will be offered to the students according to demand and/or availability. Announcements will be made on the website and/or by e-mail. If you are interested in participating in group counselling, please contact the service.

About the counsellors

Ms. Katerina Papathanassiou

B.Sc. in Psychology, University of Sheffield,
MSc in Psychology and Counselling, University of Sheffield, Member of the British Psychological Society (B.P.S.)

Ms. Ioanna Liaromati

B.Sc. in Psychology, University of Sheffield
MSc in Psychology and Counselling, University of Sheffield, Member of the British Psychological Society (B.P.S.) and the American Psychological Association (A.P.A)

Both counsellors work in private practice and have completed their training in Gestalt Psychotherapy.

There are also trainees from the MA in Counselling Psychology course, who also undertake clients.

COUNSELLING SERVICE IMPORTANT DATES:

The service operates during both academic semesters and is not available during official CITY academic holidays.

How can I contact counselling service?

By e-mail at: counselling@city.academic.gr or at the reception of Stratigakis Building (24 Pr. Koromila str.)

Note: For our students abroad, counselling can be provided through SKYPE sessions.

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24 Pr. Koromila str. - tel: 2310 224421, e-mail: counselling@city.academic.gr
website: www.citycollege.sheffield.eu