

# Counselling & Psychological Therapies



Bridge of  
**HOPE**

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Bridge of Hope  
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[www.thebridgeofhope.org](http://www.thebridgeofhope.org)



We provide psychological therapies in a warm, safe and supportive environment to individuals of all ages. There are times during our lives where we may experience emotional difficulties due to circumstances or events that have occurred recently or in the past. Counselling is an opportunity to work through such issues in a non-judgmental way. All of our practitioners are fully accredited and work in accordance with ethical standards as outlined for example in the BACP Ethical Framework for Good Practice in Counselling & Psychotherapy.

#### Psychological Therapies:

We offer psychological therapies on a one to one basis to victims and survivors of the conflict and for individuals experiencing common mental health problems such as: anxiety, stress, bereavement, phobias, relationship difficulties loneliness and isolation, feeling overwhelmed or unable to cope. We tailor the therapy to suit clients' needs by offering: CBT; solution focused; trauma based CBT; mindfulness and motivational interviewing. You can access this service through the Victims & Survivors Service (VSS), GP, self-referral or be referred by any community, voluntary or statutory group.

#### Trauma Counselling:

We provide trauma counselling to individuals who have been physically, psychologically injured or bereaved by the conflict. All of our counsellors are trauma trained and have a wealth of experience working with: PTSD; traumatic bereavement; suicide ideation; self-harm; addictions; diversity related issues, depression and transgenerational trauma. You can access this service through VSS, GP, you can self-refer or be referred by any community, voluntary or statutory group.

#### Counselling for Children & Young People:

This specialised counselling service is available to children and young people who are experiencing conflict-related transgenerational issues for example: feeling threatened; coping with bereavement; anger; struggling with school, social and or relationship issues, or behavioural difficulties. This is a child-centred interactive experience that uses art and play to explore their issues. You can access this service through VSS, GP, you can self-refer or be referred by any community, voluntary or statutory group.