

About Network

From small beginnings in 1986, Network Counselling & Training has grown into a highly professional counselling and training agency. Network is an organisational member of the British Association for Counselling and Psychotherapy (BACP) and its counsellors, supervisors, trainers and students are bound by the BACP's Ethical Framework for Good Practice in Counselling and Psychotherapy.

Network's Statement of Purpose

To promote physical, mental, emotional and spiritual health and well-being in the context of a Christian ethos* by:

- providing professional counselling and related services on an affordable basis;
- providing a range of educational and training opportunities in counselling and other related areas;
- providing other opportunities for personal, psychological and spiritual development.

***The Christian Ethos of Network is the underlying motivation for all of the work we do, both as a counselling agency and as a training organisation. It is rooted in faith in God, which is understood at a personal level. It rests on a commitment to live out God's grace, love and compassion for all human beings in everything we do, with Christ as our example.**

As a professional counselling and training service Network adheres to the principles and **standards** outlined in the British Association Counselling and Psychotherapy (BACP) Ethical Framework for Good Practice in Counselling and Psychotherapy as well as the National Counselling Society (NCS) Code of Ethics. We are also a member of the Association of Christian Counsellors (ACC).

In our relationships with those we work alongside, with our clients, and with our students we seek to live out the **values** of the Christian faith, in keeping with the founding principles of the organisation and which still govern our work today.

Our Core Values:

Human worth and value: we believe in the fundamental worth of all human beings, loved by God, irrespective of age, gender, race, ethnic origin, religion, sexual orientation, physical and mental capability or any other attribute. This calls for an attitude of profound unconditional acceptance and valuing of each individual without exception.

Inclusivity: we value diversity and inclusivity, and we seek to welcome, involve, and work alongside people from all walks of life. We believe in the importance of creating a community that is willing to embrace all others, and to recognise and value the skills and resources they have to offer.

Transformation: we believe that there is within people a God-given capacity for learning, growth, a change in direction and new beginnings. We seek to create a learning organisation in which everyone has the opportunity to realise their full potential, and is supported and encouraged to become all that they can be.

A respectful community: as an organisation, we are committed to enabling people to experience a sense of belonging, of being trusted and of having a voice in the process of decision-making. We are also committed to open, **honest and respectful communication** with each other at all levels of the organisation. We seek to deal with difficulties and disagreements between us with tolerance, sensitivity and compassion.

Our Counselling Approach:

Network's approach to counselling reflects our ethos, in that it is relational and rests on the assumption that people have the potential to change when they are offered an environment characterised by empathy, acceptance and genuineness. The majority of our counsellors base their practice on this **Person-Centred approach**, working together with clients to consider their concerns and clarify what they are hoping to gain from counselling. Our counsellors will facilitate the client in exploring these concerns, enabling the client to gain greater understanding and awareness and may offer fresh perspectives as they move towards the goals they have set. We also have counsellors trained in Psychodynamic and Cognitive Behaviour Therapy approaches who can offer a more structured way of working for those clients who would benefit from this. All our counsellors are comfortable working with the spiritual dimension of life if the client wishes to explore this area.

Network comprises three different functional departments as follows:

Network Counselling

(Head of Counselling: Louise Mill; Counselling Co-ordinator: Andrew Dale)

Network facilitates about 380 counselling sessions every month, most of these are presently provided from rented premises in Trinity College in Bristol. The counselling sessions are provided by a team of 50 voluntary counsellors who are, in turn, supported by paid supervisors. Clients are asked to make a voluntary donation towards the cost of counselling, but many clients come from the low income groups we seek to serve and the average donation per session is about £12. The Counselling Department has recently introduced the provision of youth and school-based counselling services.

The Counselling Department is responsible for Network's four part-time salaried receptionists. Counselling takes place at Trinity College, Stoke Hill, Bristol with the aim to move to new premises in Filton in 2017. There are also satellite counselling provisions in Knowle West and Bath.

Network Training

(Head of Training: Current Vacancy; Training Co-ordinator: Sue Woodhead-Marsh)

The Training Department delivers a three-year part-time training programme (currently accredited by the National Counselling Society) which trains students to become professional counsellors. The Training Department also resources the Counselling Department as many of these students often go on to become voluntary counsellors for Network. The Department responds to the specific training needs of Network's volunteer counsellors through its Continuing Professional Development programme of short courses and workshops. It also delivers two part-time evening introductory courses to resource those who wish to develop their listening and counselling skills for use in other contexts such as nursing, pastoral care or management, and also to act as a lead-in to the three-year programme.

The Certificate in Counselling Skills is quality assured with the National Counselling Society (NCS) and the Diploma in Counselling is accredited with British Association for Counselling and Psychotherapy.

The courses are delivered by paid tutors and students pay course fees to attend them. The Training Department is based at Trinity College for the 16-17 academic year prior to the planned move to new premises in Filton in 2017.

Network Operations:

(General Manager: Nick Ruff; Book-keeper: Val Hills; Fundraiser: Clare Mitchell)

Responsible for managing Network, and leading the Management Team with the Heads of Counselling and Training in order to ensure the smooth running of the organisation. The Operations Department is based at Trinity College, Stoke Hill, Bristol.

Network Patrons

Rt. Rev. Mike Hill, Bishop of Bristol
Rt. Rev Declan Lang, Bishop of Clifton
Professor Brian Thorne

Network Trustees

Mrs Eileen Cahill (Chair)
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