

COASTAL ADULT GROUP

Counselling and Supportive Therapy for Adult Loss

Coastal: our adult group programme is for.....

- ✚ Anyone who has lost someone close through terminal illness.
- ✚ Anyone whose children are accessing **CASCADE**.
- ✚ Anyone who feels they need something different than counselling.

Why group therapy?

Bereavement is a normal and appropriate response to the devastating event of losing someone significant. Sharing your experience with others and learning about how grief impacts on our life can reduce the feeling that you are 'going mad' or not coping.

Sometimes it helps to talk to others who face similar difficulties even if their experience is not the same.

Sometimes offloading feelings in a safe environment is easier than coping alone.

Sometimes it is easier to talk to someone outside our own circle of family and friends.

Sometimes it is helpful to look at why experiences in the past make us behave the way we do today. This can empower us to make better choices in our relationships.

Sometimes it helps not to have to go through things on your own.

Sometimes it helps to share memories-good and bad-with someone who is able to listen.

Is there a counsellor in the group?

Yes, at least two counsellors work together to facilitate the group. They are there to hold the boundaries in the group that keep it safe, and to support every one to take what they need from the group. They are also there to act as a resource and explain the bereavement process if necessary. As in counselling, they should offer respect, honesty, warmth and understanding. The most important support will come from other group members but sometimes, their feelings may be too overwhelming for them to then support you. At this point the counsellors will listen carefully to what all group members have to say. They may offer

reflections but will not normally give advice and should never make you feel judged.

How many sessions are there?

The group programme is designed to run over ten weeks, sometimes with a break in the middle. It runs alongside our children's programmes for ease of administration and to accommodate holidays and for this reason closely follows the school terms.

What will it cost?

There is no charge for using the service; most of the costs are met by Trinity Palliative Care Services. Trinity Palliative Care Services does rely on public donations and you are of course welcome to make a donation to this work, should you wish to, and your counsellor will explain how this can be done.

Where are the group sessions held?

The Linden Centre was specifically designed and built to accommodate not only counselling, but group work too. The setting is comfortable and accessible. If you have any particular specific needs, please do discuss your requirements as we arrange for you to join the group.

What happens if I cannot attend or I forget to come for my session?

Please do give us as much notice as possible as other group members can be concerned if someone is unaccounted for! If you forget to attend we will contact you either by letter or phone. Your counsellor will ask you at the beginning how you wish us to make contact should we need to. We would never leave messages without your express permission.

What happens if I meet the counsellor or other group members in a social situation?

You will agree ground rules about confidentiality and safety as you begin the group. You will decide together how to respond, were you to meet other group members elsewhere. You may wish to meet socially after the group has finished but it is important that the confidentiality of other group members is always maintained. The counsellors would not be looking to have friendship outside of the counselling relationship, as this is considered important for your well being.

What if the group doesn't help me?

Trust your instincts and if it doesn't feel right please do not feel you have to proceed. There are other options for support and these will be explained to you at the beginning and at the end of the group. We will

work hard as a service to ensure that the counselling is as supportive as it can be. If you feel that the group work is making you feel uncomfortable in any way, we would like you to feel able to talk it through either with your counsellor, their manager or another member of the team. Or you could put your concerns in writing. If any of your questions remain unanswered please do not hesitate to contact the staff in the office at the Linden Centre.