



SPACE 2 BE

'There are few people that foster carers can truly talk to about rejection, stealing, lying or other problems without appearing to be failing their role as foster parents. 'Sellick (1992:27)

We offer a **FREE AND CONFIDENTIAL SERVICE**



We would like to offer a free and confidential service to Next Step, Safehouses and Ryancare Foster Carers, and their families who feel they would benefit from exploring any area of their lives that are troubling them.

Areas may be as a direct impact of fostering, or may not be related at all.

Sessions will be carried out 1:1 primarily and the number of sessions can be agreed but on average will be 6-12, held weekly for 50 minutes.

Referrals should be self-referral or through your Supervising Social Worker should you wish.

The Approach

The approach used is mainly a psychodynamic one which can involve exploring patterns and history; triggers of emotions and where they come from; the acknowledgement of this and where to place them; and coping strategies. This counselling arena is considered to be a safe place to be able to express ones emotions and our Counsellor's role will be to offer that space, as a talking therapy.

About Denise



"I am a qualified psychodynamic Counsellor/ Psychotherapist, with an MA in Counselling from Goldsmiths University of London. I have been practising since 2011 and have experience working with adults and young people - within counselling settings such as bereavement and young people's services.

As well as being BACP registered, I am a qualified social worker of many years and work as an SSW for Next Step Fostering (Croydon). As such, I have a sound knowledge of the expectations, challenges and issues surrounding fostering and the experiences of some foster carers.

Contact details

*If you think you might be interested please call me direct on **07587034116** or email **denisespace2be@hotmail.com***

You can also ask your Supervising Social worker to put you forward and I will contact you direct. Suitable time and location for sessions can be arranged.