



About Life In Action Counselling and Psychotherapy Centre

Our Aims and Objectives

The Life In Action Counselling and psychotherapy Centre is a professional independent Counselling Service situated in the heart of Grantham, close to the town centre on Finkin Street.

The Centre occupies a historic Georgian building which has been renovated to a high standard and tastefully furnished to provide a comfortable, warm & inviting atmosphere. The building also fully meets with the required Health & Safety Standards.

We have a small garden area that is inviting and pleasant and our clients are invited to make use of this when they are waiting for their appointment or alternately the small waiting area just up stairs in the building. We have toilets both up and down stairs. We do not yet have the facility for disabled access to the upstairs therapy room and are looking at options for the facility in the future so we can cater for those less able to use the stairs. As the building itself is shared this is not currently an option.

Life In Action is applying for organisational membership of BACP (British Association for Counselling & Psychotherapy) which is aimed to access in 2020. Our therapists are bound by the BACP Ethical Framework for the Counselling Profession and all receive regular supervision in line with the BACP guidance. In addition to this they receive training on Health and Safety and work in accordance with our centres policies and procedures which can be found online.

The clinic runs an affordable BACP Accredited Therapist Counselling Service and aims to provide counselling sessions to all enquiries wherever possible. We offer a small number of low fees for those in financial hardship or where deemed appropriate.

We work with a wide range of clients both local to Grantham and across the county including Newark, Boston and Sleaford and surrounding villages. Our range of services include counselling and psychotherapy right through to professional personal coaching and longer-term mentoring.

We offer marriage counselling and couples relationship support both in helping clients to communicate better, love more and fight less.

Depending on the needs of our clients we can develop a plan that is right for them and where this is not possible due to the availability of therapists or those with the appropriate training or specialisms we can refer on to other local services.

We hold the view that counselling or psychotherapy could lead to significant and lasting beneficial changes in our client's lives. It can provide invaluable support through crisis or



change, and can help clients to handle challenge, improve relationships, reduce feelings of anxiety or depression and increase self-confidence.

We integrate a range of therapies depending on our client's needs and we believe this makes the service extremely helpful. Being a Grantham based counselling service we can support local people in the Lincolnshire area. We are also a provider of CPD training courses

for counsellors and health professionals. In addition to this we also run a number of groups that help and support individual development such as our men's personal development group and our recently launched "talking sex" process group specifically aimed at those exploring either addition or their own identity.

Life in action provides support to individuals, families and couples in counselling, creative therapy and coaching with our qualified professional coach. We also offer individual assessment profiling to better understand personality using tools such as MBTI and Firo-b.

Our therapists are all qualified and abide by the BACP ethical framework for counselling and psychotherapy. Our clinic Director responsible for the service is BACP accredited and works as a supervisor to other counsellors in the local area.

Our therapists hold a wide range of professionally endorsed training certifications including Life Force School of Counselling, the British Psychological Society and Ridgeway College and Grantham College.

Our service is a confidential service and we are registered with the ICO and follow guidance from both the BACP and the ICO in relation to our data policy Confidentiality is really important to us and Life In Action has a Confidentiality Policy to which all counsellors are required to adhere. All of our Counsellors are members of BACP and as such are required to attend monthly supervision where they discuss their client work. However, all clients are presented under a pseudonym and any identifying details are never described.

There are situations where a counsellor may need to breach confidentiality in order to comply with the policies and procedures of Life In Action and BACP . These are as follows:

- If you are considered to be a serious risk to yourself or to other people, then further professional advice could be beneficial.
- Any illegal activities of public interest and acts of terrorism where not to disclose would break the law.
- Any child protection issues where a child could be at risk of harm or neglect must be reported to the appropriate authorities as required by The Children Act 1989.



However, depending on the circumstances, our counsellors would always aim to seek clients consent prior to disclosing any confidential information to the relevant professional person or organisation.

We believe that being open and transparent always is critical in supporting our clients and as such all clients are asked to enter a therapy contract when they engage in any of our services. Such contracts are made available to clients at the point when they decide regarding engaging in the service.

We take a wide range of payments including BACS, Euros, Paypal and of course Cash. We offer receipts for payments should the client require one and can send invoices prior to any appointment, again should this be required.

Our service operates over a 6-day period and our appointments start from 08.00 and run through to the last appointment being at 18.00. We offer counselling either face-to face or by online platforms such as Zoom, Skype and on the telephone.