

Is this the right service for me?

We invite you to make an initial appointment with a counsellor to help you decide if this is the right service for you. If you or your counsellor decide that our service is not right for you, we will help you find alternative support that might be more suitable.

If you have already decided that our service is not for you, we suggest that you ask the following questions to any potential counsellor that you do make an appointment with:

- What are your qualifications?
- What experience do you have of [problem]?
- What specific experience and training have you done with LGB people?
- Are you accredited or registered with any professional therapy organisations?
- How do you think you can help me?

How to make an appointment

To make an appointment, please contact our Belfast Centre and ask for a counselling referral.

Client Feedback

“Coming here has made me a much more stronger person”

“Through counselling I have realised that I can feel good about myself, and no matter what other people think about me, I can feel good about being me”

“A professional, caring service”

“I am more confident and comfortable with who I am, and proud of what I’ve achieved”



Belfast Centre

Belfast LGBT Centre
1st Floor
9-13 Waring Street
Belfast
BT1 2DX
t: (028) 9031 9030
f: (028) 9031 9031

Foyle Centre

12a Queen Street
L'Derry
BT48 7EG
t: (028) 71 28 3030
f: (028) 71 28 3060

email: counselling@rainbow-project.org
web: www.rainbow-project.org



Counselling Services

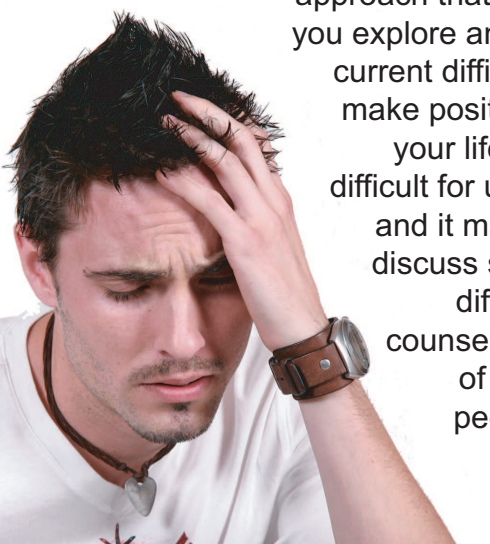
for **Gay and Bisexual Men**

About The Rainbow Project


The Rainbow Project works to improve the health & well-being of gay, bisexual and non-heterosexual men in Northern Ireland. We have a centre in Belfast and one in L'Derry where we provide a range of services that include:

- > Information & Support
- > Education & Training
- > Health Promotion
- > Advocacy
- > Research
- > Professional Counselling

What is Counselling?



Counselling offers an opportunity to talk in confidence about challenges, losses, problems or issues that concern you. It is a therapeutic approach that seeks to help you explore and understand current difficulties, and to make positive choices in your life. Life can get difficult for us all at times, and it may help you to discuss some of these difficulties with a counsellor. The types of problems that people often talk about in counselling include:



Professionally trained and experienced counsellors who are accredited by BACP/IACP

general unhappiness, loneliness, anxiety, stress, family problems, bullying, bereavement, relationship issues, self-harm, pressures at work, poor motivation, drug or alcohol-related problems, sexual orientation issues, life transitions, physical injury, etc.

Counselling gives you the space and time to explore issues that are important to you.

Our Counselling Service

We provide the following counselling services and support services:

- > One-to-One Counselling
- > Couple/Relationship Counselling
- > Counselling for Young Men
- > Personal Development Groups
- > Family Support

Our counsellors are gay or bisexual men and have professional qualifications, significant experience, and specific training in working with LGB people. They are accredited (or working towards accreditation) by the British/Irish Associations for Counselling & Psychotherapy (BACP/IACP), and receive external, independent supervision, as well as regular, on-going training.

Our counsellors use an integrative counselling model incorporating person-centred, solution-focused, psychodynamic, and CBT approaches. We view same-sex attraction as a normal variation of human sexuality, and incorporate gay-affirmative concepts into our practice.

Is it confidential?

Counselling is confidential and our counsellors work to BACP/IACP standards including ethical guidelines concerning confidentiality. In rare, exceptional circumstances we may have to disclose information if you were at risk of harm to yourself or others, or if the counsellor is subpoenaed or summoned as a witness in a Court of Law. Exceptions to confidentiality are always explained during your initial appointment with the counsellor.

How much does it cost?

Counselling is free to anyone under the age of 18 years. Adults are asked to make a small donation for each session you receive. However, if you are unable to pay for counselling, we will still be able to offer you an appointment.