

Wessex Counselling & Psychotherapy

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Aims and Objectives

Wessex Counselling & Psychotherapy (WCP) is a charitable organisation.

Our aims are

1. To provide weekly open ended professional psychodynamic counselling and psychotherapy for those who seek it, offering when possible subsidised places for those less able to pay.
2. To provide short term (up to 12 sessions) counselling to young people from 15-18 through the You-th Space Scheme
3. To provide high quality psychodynamic training at various levels from an introduction course through to a psychodynamic psychotherapist course.
4. To act as consultants to other professionals
5. To offer high quality supervision to other professionals

The service is psychodynamic in orientation and as such we aim to value and respect those with whom we work, whether as colleagues, clients or students.

Every client and student is an individual with a unique history and set of circumstances. We aim to recognise and value this in our work and training.

WCP is committed to equal opportunities and diversity. We recognise the contribution of all our employees, members, clients, trainees and associates. Our aims are to be supportive, fair, just and free from discrimination. In line with these objectives, we will challenge discrimination based on age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation while actively promoting equality, diversity and inclusion.

All counselling/psychotherapy undertaken at WCP adheres to the British Association for Counselling & Psychotherapy's Ethical Framework for the Counselling Professions and the British Psychoanalytic Council Code of Ethics.

Reviewed Next Review	October 2024 October 2026	By Trustees / Management Team
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