

# COUNSELLORS

**How comprehensive was your domestic, family & sexualised violence training before you started your first counselling role?**

**And how current is your knowledge of violence-informed clinical practice now?**

The 'counselling sector' is made of mixed roles and qualifications. People with lived experience of DFSV have had really mixed experiences of counsellors and counselling when the counsellor or counselling service is not violence-informed.

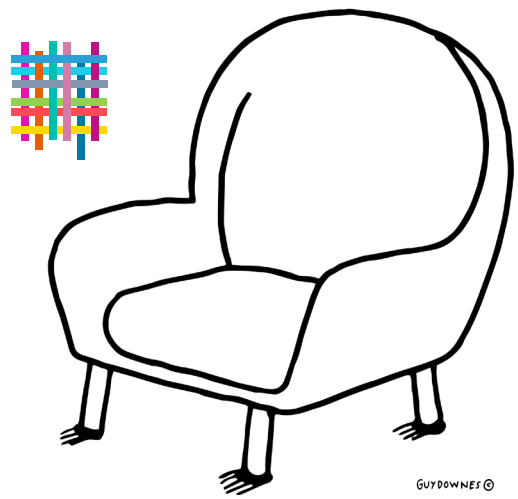
The [guide to selecting a counsellor](#) has been developed from information and feedback offered to Insight Exchange by people with lived experience of violence and abuse, for people with lived experience of violence and abuse, and has also involved input from practicing counsellors and trainers of counsellors.

It covers topics like:

- What kinds of things a violence-informed counsellor should know
- How a violence-informed counsellor can support a person's safety
- The different counselling options, affordability and accessibility available
- Client rights and the counsellors obligations (including privacy/confidentiality)
- What violence-informed counselling might be like

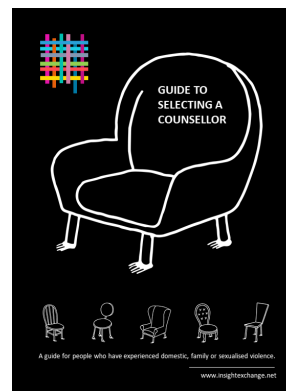
Reading this guide can be a first step in reviewing your practice and better understanding some of the considerations helpful to people with lived experience of violence and abuse.

For more information and resources from [www.insightexchange.net/selecting-a-counsellor/](http://www.insightexchange.net/selecting-a-counsellor/)



## GUIDE TO SELECTING A COUNSELLOR

**A guide for people who have experienced domestic, family or sexualised violence.**



**Scan the QR code to open the guide.**

Privacy: This is a static QR code to eliminate any collection of your data when scanning.

**Read more about selecting a counsellor**

[www.insightexchange.net/selecting-a-counsellor/](http://www.insightexchange.net/selecting-a-counsellor/)

Insight Exchange website has a quick-exit button.