

FRIENDS AND FAMILY

Is someone you know and care about experiencing domestic and family violence?

One of the people they may choose to talk to is a counsellor or therapist. It's important that it is their choice *if* and *when* they decide to speak to a counsellor about their experiences of domestic and family violence and abuse. This [Guide to selecting a counsellor](#) may help them to select a counsellor who is the right fit for them.

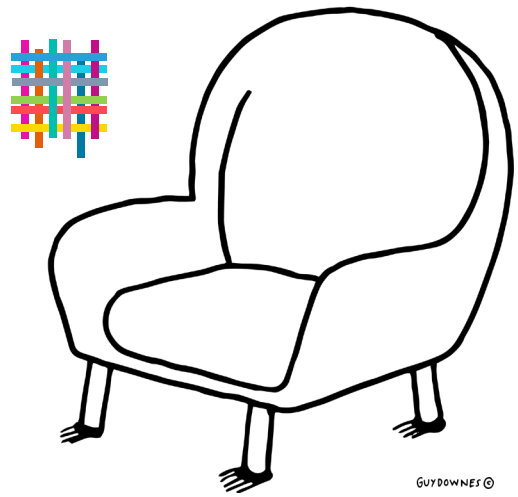
The guide has been developed from information and feedback offered to Insight Exchange by people with lived experience of violence and abuse, for people with lived experience of violence and abuse, and has also involved input from practicing counsellors and trainers of counsellors

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

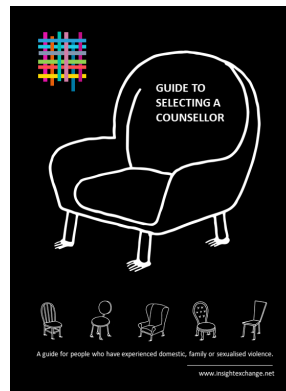
Note: The guide to selecting a counsellor is not an endorsement of counselling as the best option for people who have experienced violence. It is always most important to follow their lead on what is best for them. Counselling is only one of many options.

For more information and resources from 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/

Insight Exchange website has a quick-exit button.