

REFERRERS

The [Guide to selecting a counsellor](#) is designed to support people with lived experience to discern between generalist counselling and violence-informed counselling practices.

'Counselling' is often assumed by responders to be a wanted, affordable, and a fit for purpose option for victim-survivors of domestic, family and sexualised violence (DFSV). It may not be some or all of these things. 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](#) can be helpful for responders/referrers for the purposes of ensuring we consider our own levels of awareness of safe engagement, listening and victim-survivor led responses. It can also support with identifying appropriate referrals for people who are experiencing DFSV.

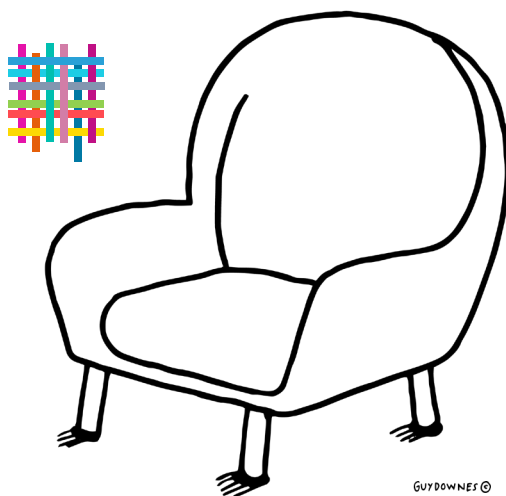
The guide has been developed from information and feedback offered to Insight Exchange by people with lived experience of violence and abuse, for people with lived experience of violence and abuse, and has also involved input from practicing counsellors and trainers of counsellors

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

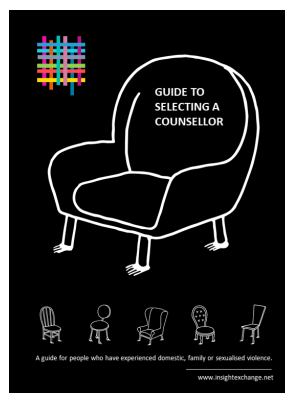
Note: The guide to selecting a counsellor is not an endorsement of counselling as the best option for people who have experienced violence. It is always most important to follow their lead on what is best for them. Counselling is only one of many options.

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.